



TINGA DE POLLO

Our traditional Chipotle Chicken Tinga family recipe is made with light and dark shredded chicken meat, simmered in a rich and zesty tomato and chipotle sauce until infused with a delicious smoky and spicy flavor. This heat-and-serve dish meal makes preparing a family meal both easy and convenient.

MILK FREE

0g
TRANS FAT
PER SERVING

GLUTEN FREE

INGREDIENTS

Chicken, Tomato Crushed (Crushed Tomatoes, Tomato Puree, Salt, Citric Acid), Onion, Chicken Broth (chicken broth, salt), Canola Oil, Salt, Chipotle Powder, Modified Corn Starch, Garlic Powder, Spice.

NUTRITION FACTS

Serving Size: 5 oz (140g)

Amount per Serving

CALORIES **130**

% Daily Value*

Total Fat	4g	5%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	70mg	23%
Sodium	380mg	17%
Total Carbohydrate	5g	2%
Dietary Fiber	1g	4%
Total Sugars	2g	
Includes	0g Added Sugars	0%
Protein	19g	
Vitamin D	0mcg	0%
Calcium	22mg	2%
Iron	1mg	6%
Potassium	362mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

COOKING INSTRUCTIONS

MICROWAVE

1. Remove paper sleeve. Leave bag in tray, heat on high for 2 minutes.
2. Rotate the pouch 1/2 turn, puncture 2 small holes in the pouch, and cover with a paper towel.
3. Heat on high an additional 2 minutes until center is hot (165F). Let stand for 2 minutes.
4. Open bag carefully, and empty content into serving tray.

Note: Microwave ovens vary in rates of heating. Times given are approximate.

STOVETOP

1. Heat medium size skillet over medium heat. Remove sleeve. Empty Chicken Tinga from pouch and place in skillet.
2. Separate the Chicken Tinga with a spoon and spread evenly across the skillet.
3. Cover and heat for 6 to 8 minutes or until 165F, stirring occasionally.
4. Remove cover for last 2 minutes of cooking.