

Pasta Primavera with Grilled Chicken

Directions:

1. Open pouch and remove oxygen absorber.
2. Prepare in pouch or other suitable container.
3. Add 1 3/4 cups (14 oz) boiling water to ingredients or fold /crease & fill pouch to "E-Z Fill Line" 7.5.
4. Stir thoroughly then seal pouch or cover.
5. Let stand 10-12 minutes; stir again & serve.

Ingredients: Pasta, Tagliatelli (Ground durum wheat semolina, egg, water, salt.), Cooked Seasoned Grilled Diced Chicken White Meat Freeze Dried (Chicken, Salt), Romano Cheese [(Pasteurized Milk, Cheese Cultures, Salt, and Enzymes) and Disodium Phosphate], Parmesan Cheese [(Partially Skim Milk, Culture, Salt, Enzymes) and Disodium Phosphate], Nonfat Dry Milk (Grade A Pasteurized skim milk), Potato Starch, Carrots, Peas, Tomato Flakes, Garlic Granulated, Zucchini, Broccoli Florets, Sweet Corn, White Onion, Oregano, Sea Salt, Seasonings (Bakers yeast extract, salt), Natural Lemon Flavor Powder Encapsulated (Maltodextrin, Silicon Dioxide, Tricalcium Phosphate, Vegetable Gum, Palm Oil), Butter Flavor [Whey Solids, Enzymes Modified Butter, Maltodextrin, Salt, Dehydrated Butter, Guar Gum, Annatto and Turmeric (for color)], Parsley, Thyme, Black Pepper, Rosemary, Basil.

Contains: Wheat, Milk, Egg.

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Nutrition Facts

2 servings per container

Serving size

1/2 package (75.5g)

	Per Serving		Per Container	
Calories	300		610	
	% Daily Value*		% Daily Value*	
Total Fat	9g	12%	18g	23%
Saturated Fat	4.5g	23%	9g	45%
Trans Fat	0g		0g	
Cholesterol	45mg	15%	85mg	28%
Sodium	660mg	29%	1320mg	57%
Total Carbohydrate	35g	13%	70g	25%
Dietary Fiber	2g	7%	3g	11%
Total Sugars	7g		15g	
Includes Added Sugars	0g	0%	0g	0%
Protein	22g		44g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	327mg	25%	655mg	50%
Iron	2mg	10%	4mg	20%
Potassium	695mg	15%	1389mg	30%

*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



0g TRANS FAT
PER SERVING

