

Grilled Chicken Jambalaya

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" 8.
4. Stir thoroughly then seal pouch or cover.
5. Let stand 10 - 12 minutes; stir again & serve.

INGREDIENTS: Instant White Rice, Cooked Seasoned Grilled Diced Chicken White Meat Freeze Dried (Chicken, Salt), Chicken Flavor Broth Low Sodium [Maltodextrin, Salt, Torula Yeast, Dehydrated Vegetables (Onion, Celery, Parsley, Spinach, Garlic, Carrot), Potato Flour, Xanthan Gum, Spices, Extractives of Spice (including Turmeric and Paprika), Soy Lecithin. Not more than 2% Soybean Oil added as a processing aid], Bell Pepper Red & Green Combo, Tomato Flakes, Potato Starch, White Onion, Tomato Powder, Celery Stalks, Garlic Granulated, Paprika, Natural Flavor [Contains Baker's Yeast Extract, Salt, Canola Oil (anti-dusting)], Sea Salt, White Onion, Worcestershire Sauce Powder {[Vinegar, Sugar, Salt, Vegetable and Fruit (Onion, Tomato, Apple), Caramel Color, Spice Extract Yeast Extract, Spices, Garlic], Salt, Maltodextrin, Spices, Garlic Powder and Onion Powder}, Cayenne Pepper (Ground Red Pepper), Parsley, Oregano, Thyme, Chives, Black Pepper.

Contains: Soy.

Nutrition Facts

2 servings per container

Serving size

1/2 package (77.5g)

	Per Serving		Per Container	
Calories	280		550	
	% Daily Value*		% Daily Value*	
Total Fat	2.5g	3%	5g	6%
Saturated Fat	0.5g	3%	1.5g	8%
Trans Fat	0g		0g	
Cholesterol	30mg	10%	60mg	20%
Sodium	880mg	38%	1760mg	77%
Total Carbohydrate	18g	7%	37g	13%
Dietary Fiber	1g	4%	3g	11%
Total Sugars	6g		11g	
Includes Added Sugars	0g	0%	0g	0%
Protein	16g		32g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	57mg	4%	115mg	8%
Iron	3mg	15%	5mg	30%
Potassium	809mg	15%	1618mg	35%

*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



GLUTEN FREE

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