

Sweet and Sour Grilled Chicken

Directions:

1. Open pouch and remove oxygen absorber.
2. Prepare in pouch or other suitable container.
3. Add 1 1/2 cups (12 oz) boiling water to ingredients or fold / crease & fill pouch to "E-Z Fill Line" 7.
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), IP Spray Dried Honey (Maltodextrin, Honey and Silicon Dioxide), Pineapple, Brown Sugar Crystals (Cane Sugar, Cane Molasses or Brown Cane Sugar (Cane Sugar, Cane Molasses), Soy Sauce [(Wheat, Soybeans and Salt), Maltodextrin, Salt], Bell Pepper Red & Green Combo, Potato Starch, Corn Starch, 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], White Onion, Peas, Natural Vinegar Flavor Powder Encapsulated (Maltodextrin, Silicon Dioxide, Ethyl Alcohol, Palm Oil), Ginger, Garlic Granulated, Soy Sauce [(Fermented Soybeans, Wheat and Salt), Maltodextrin, Salt, Yeast Extract, Spices, Onion Powder, Garlic Powder], Natural Pineapple Flavor Powder Encapsulated (Maltodextrin, Silicon Dioxide, Tricalcium Phosphate, Palm Oil), White Onion, Natural Flavor (Baker's Yeast Extract, Salt, Canola Oil).

Contains: Soy, Wheat.

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Nutrition Facts

2 servings per container

Serving size

1/2 package (77g)

	Per Serving		Per Container	
	290		580	
	% Daily Value*		% Daily Value*	
Calories				
Total Fat	2.5g	3%	5g	6%
Saturated Fat	0.5g	3%	1.5g	8%
Trans Fat	0g		0g	
Cholesterol	35mg	12%	65mg	22%
Sodium	900mg	39%	1800mg	78%
Total Carbohydrate	32g	12%	64g	23%
Dietary Fiber	1g	4%	1g	4%
Total Sugars	12g		24g	
Includes Added Sugars	3g	6%	5g	10%
Protein	16g		31g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	45mg	4%	90mg	6%
Iron	2mg	10%	4mg	20%
Potassium	331mg	8%	661mg	15%

*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**

