Grilled Chicken Quattro Formaggi Pasta

Directions:

1. Open pouch and remove oxygen absorber.
2. Prepare in pouch or other suitable container.
3. Add 1 1/4 cups (10 oz) boiling water to ingredients or fold / crease & fill pouch to "E-Z Fill Line" 6.
4. Stir thoroughly then seal pouch or cover.
5. Let stand 10 - 12 minutes; stir again & serve.

Ingredients: Pasta Spiral (Ground durum wheat semolina, water, salt.), Cheddar Cheese (Milk, Salt, Cultures, & Enzymes), and Disodium Phosphate. May Contain Sodium Silico Aluminate at <2%, 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, Monterey Jack Cheese [(Pasteurized Milk, Cheese Cultures, Salt, and Enzymes), may contain cellulose to prevent caking], Sweet Cream Powder, Carrot, Broccoli Florets, Potato Starch, White Onion, Seasoning [Contains Baker's Yeast Extract, Salt, Canola Oil (anti-dusting)], Garlic Granulated, Sea Salt, Spinach, Green Onion.

Contains: Milk, Wheat.

Nutrition Facts

2 servings per container

Serving size **1/2 package (49g)**

	Per Serving		Per Container	
Calories	**210**		**430**	
	% Daily Value*		% Daily Value*	
Total Fat	8g	**10%**	17g	**22%**
Saturated Fat	4.5g	**23%**	9g	**45%**
Trans Fat	0g		0g	
Cholesterol	35mg	**12%**	70mg	**23%**
Sodium	570mg	**25%**	1130mg	**49%**
Total Carbohydrate	21g	**8%**	43g	**16%**
Dietary Fiber	1g	**4%**	2g	**7%**
Total Sugars	2g		4g	
Includes Added Sugars	0g	**0%**	0g	**0%**
Protein	14g		27g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	186mg	15%	371mg	30%
Iron	1mg	6%	1mg	6%
Potassium	288mg	6%	575mg	10%

*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

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