

# Homestyle Chicken Pot Pie

## 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), Peas, Carrot, Potatoes, Potato Starch, Sweet Whey, Celery Stalks, Parmesan Cheese (Partially Skim Milk, Culture, Salt, Enzymes, Disodium Phosphate), White Onion, Sweet Cream Powder, Butter Flavor [Whey Solids, Enzymes Modified Butter, Maltodextrin, Salt, Dehydrated Butter, Guar Gum, Annatto and Turmeric (for color)], White Onion, Garlic Granulated, Roasted Onion Extract Powder (Onion Extract, Maltodextrin, Sugar, Roasted Onion Oil, Mixed Tocopherols), Sea Salt, Seasoning [Contains Baker's Yeast Extract, Salt, Canola Oil (anti-dusting)], 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], Black Pepper, Thyme, Bay Leaves.

**Contains:** Milk, Soy.

**AlpineAire Foods** 130 Cyber Ct. Rocklin, CA. 95765

Contains Bioengineered Food Ingredients

800.755.6701 [info@alpineaire.com](mailto:info@alpineaire.com) [www.alpineaire.com](http://www.alpineaire.com)

Like us on Facebook: [www.facebook.com/AlpineAireFoods](http://www.facebook.com/AlpineAireFoods)

# Nutrition Facts

2 servings per container

Serving size

1/2 package (71g)

	Per Serving		Per Container	
Calories	260		520	
	% Daily Value*		% Daily Value*	
Total Fat	4.5g	6%	9g	12%
Saturated Fat	2g	10%	4g	20%
Trans Fat	0g		0g	
Cholesterol	30mg	10%	65mg	22%
Sodium	710mg	31%	1410mg	61%
Total Carbohydrate	25g	9%	50g	18%
Dietary Fiber	2g	7%	4g	14%
Total Sugars	8g		15g	
Includes Added Sugars	0g	0%	1g	2%
Protein	17g		34g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	175mg	15%	350mg	25%
Iron	3mg	15%	6mg	35%
Potassium	1008mg	20%	2015mg	45%

\*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



GLUTEN  
FREE

