



CHICKEN ALFREDO MEAL KIT

Grilled chicken breast strips served over al dente penne pasta tossed in a traditional Alfredo sauce and topped with Parmesan cheese

HEATING INSTRUCTIONS

MICROWAVE OVEN:

Remove the lid, cover the tray, and place tray in microwave for 2.5 to 3 minutes. Stir and continue cooking for an additional 2 minutes.

INCLUDED IN THE KIT:

Penne with Alfredo Sauce	1 Tray	5.00 lbs.
Grilled Chicken Strips	1 Tray	2.50 lbs.
Parmesan Cheese	1 Bag	0.375 lbs.
TOTAL:		7.875 lbs.

MAKES 5 FINISHED TRAYS:

Penne with Alfredo Sauce Per Tray:	1.00 lb.	
Grilled Chicken Strips Per Tray:	0.50 lbs.	
Parmesan Cheese Per Tray:	0.07 lbs.	
TOTAL:		1.57 lbs.

INGREDIENTS

Alfredo Sauce (Skim Milk, Romano and Parmesan Cheeses [Part Skim Milk, Cultures, Enzymes, Salt], Soybean Oil, Water, Butter [Cream, Salt], Corn Starch, Contains 2% or less of the following: Salt, Egg Yolk, Whey Protein Concentrate, Garlic Powder, Yeast Extract, Spices), **Chicken** (Chicken Breast, Water, Vinegar, Salt, Natural Flavors), **Water, Pasta** (Semolina [Wheat], Niacin, Iron [Ferrous Sulfate, Thiamin, Mononitrate, Riboflavin, Folic Acid]), **Parmesan Cheese** (Pasturized Milk, Cheese Cultures, Salt, Enzymes), **Powdered Cellulose** (To Prevent Caking).

Contains Egg, Milk, Wheat.

Nutrition Facts

varies servings per container
Serving size 4oz(114g)

Amount per serving
Calories 170

	% Daily Value*
Total Fat 7g	9%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 440mg	19%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 117mg	10%
Iron 1mg	6%
Potassium 226mg	4%

*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.

FRESH - NEW YORK

UPC #: 7-06129-03414-7

PACK SIZE: 1/7.875 LB

BOX L/W/H: 13.07 x 10.45" x 7.02"

CUBE: 0.56

TI/HI: 14x10

GR WEIGHT: 8.575 LB

SHELF LIFE: 16 DAYS/14 RECEIVED

NET WT: 7.875 LB



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