



## **GRILLED CHICKEN WITH** PENNE ALFREDO MEAL (NY)

Boneless, skinless chicken breast grilled over a real open flame and sliced into strips over a bed of creamy Penne Alfredo

• Use on salads, on sandwiches, or in wraps

Serve hot or cold

• Great as a quick high-protein snack

• Gluten free, keto friendly, and no artificial flavors or colors

## **HEATING INSTRUCTIONS**

MICROWAVE OVEN: Pierce the plastic and heat on high for 2 to 3 minutes or until hot (or until internal temperature is 165°F as indicated by a calibrated cooking thermometer)

## **INGREDIENTS:**

{FIRES

Alfredo Sauce (Skim Milk, Romano and Parmesan Cheese [Part-Skim Milk, Cultures, Salt, Enzymes], Soybean Oil, Water, Butter [Cream, Salt], Corn Starch, Contains 2% Or Less Of: Salt, Egg Yolk, Whey Protein Concentrate, Garlic Powder, Yeast Extract, Spices), Penne (Semolina [Wheat], Niacin, Iron, [Ferrous Sulfate], Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Chicken (Boneless Chicken Breast, Water, Contains 2% Or Less Of the Following: Vinegar, Salt, Natural Flavors), Parmesan Cheese ([Pasteurized Milk, Cheese Cultures, Salt, Enzymes], Powdered Cellulose [To Prevent Caking]).

Contains Egg, Milk, Wheat.

## **Nutrition Facts**

About 2.5 servings <b>Serving size</b>	per cont	tainer	5oz	(140g)
Calories	Per Serving 180 % Daily Value*		Whole Package 500 % Daily Value*	
Total Fat	5g	6%	13g	17%
Saturated Fat	1g	5%	2.5g	13%
Trans Fat	0g		0g	
Cholesterol	25mg	8%	70mg	23%
Sodium	720mg	31%	1960mg	85%
Total Carbohydrate	22g	8%	60g	22%
Dietary Fiber	0g	0%	1g	4%
Total Sugars	5g		13g	
Includes Added Sugars	2g	4%	5g	10%
Protein	13g		36g	

183mg \*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.

0mcg

18mg

1ma

0% 0mcg

2% 49mg

6%

3ma

4% 501mg

0%

4%

15%

10%

Vitamin D

Calcium

Potassium

Iron



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