

NUTRITIONAL FACTS

RASTELLI

10-oz Stuffed & Breaded Chicken Breasts

Pepper Jack & Asparagus Stuffed Breaded Stuffed Chicken Breasts

Ready To Cook Pepper Jack and Asparagus Stuffed Breaded Chicken Breasts, Contains Up To 12% Solution Of Water, Potassium Citrate, Sodium Diacetate, Potassium Phosphate. Stuffed With: Pasteurized Processed Hot Pepper Jack Cheese (Cultured Milk, Water, Cream, Skim Milk, Whey, Green/Red Jalapeno Peppers, Salt, Casein, Sorbic Acid (Preservative), Titanium Dioxide, Enzymes, Powdered Cellulose (To Prevent Caking), Potassium Sorbate And Natamycin (Preservatives)), Asparagus, Water, Breaded With (Bleached Wheat Flour, Palm Oil, Soybean Oil (As A Processing Aid), Dextrose, Sugar, Salt, Yeast, Expeller Pressed Canola Oil, Extractives Of Paprika).

Contains: Milk, Wheat

Nutrition Facts	
Serving Size 1/2 Piece (142g)	
Servings Per Container 8	
Amount Per Serving	
Calories 210	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 300mg	13%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 23g	
Vitamin A 10%	• Vitamin C 0%
Calcium 8%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

NUTRITIONAL FACTS

RASTELLI

Wild Rice and Portobello Mushroom Stuffed Breaded Chicken Breasts

Ready To Cook Wild Rice and Portobello Mushroom Stuffed Breaded Chicken Breasts, Contains Up To 12% Solution Of Water, Potassium Citrate, Sodium Diacetate, Potassium Phosphate, Stuffed with: Precooked Wild Rice, Portobello Mushrooms, Pasteurized Processed Monterey Jack Cheese(Cultured Milk, Water, Cream, Salt, Sodium Phosphates, Lactic Acid, Artificial Color, Sorbic Acid, Enzymes, Powdered Cellulose(To Prevent Caking),Potassium Sorbate And Natamycin (Preservatives)), Modified Corn Starch, Dehydrated Roasted Garlic, Salt, Maltodextrin, Dehydrated Mushrooms, Natural Flavors, Yeast Extract, Onion Powder, Burgundy Wine Solids, Dehydrated Garlic And Spices, Breaded With (Bleached Wheat Flour, Palm Oil, Soybean Oil (As A Processing Aid), Dextrose, Sugar, Salt, Yeast, Expeller Pressed Canola Oil, Extractives Of Paprika).

Contains: Milk, Wheat

Nutrition Facts			
Serving Size 1/2 Piece (142g)			
Servings Per Container 8			
Amount Per Serving			
Calories 240	Calories from Fat 50		
% Daily Value*			
Total Fat 5g			8%
Saturated Fat 2.5g			13%
Trans Fat 0g			
Cholesterol 70mg			23%
Sodium 290mg			12%
Total Carbohydrate 12g			4%
Dietary Fiber 1g			4%
Sugars 1g			
Protein 23g			
Vitamin A 4%		• Vitamin C 0%	
Calcium 4%		• Iron 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g