

NUTRITIONAL FACTS

STUFFIN GOURMET

10 Pc Sampler

NUTRITIONAL FACTS

STUFFIN GOURMET



READY TO COOK

Nutrition Facts
Serving size 6 oz. (172g)
Amount per serving
Calories 230

Total Fat	10g	20%
Sodium	210mg	42%
Total Crap	10g	20%
Total Protein	10g	20%
Total Carbohydrate	10g	20%
Dietary Fiber	10g	20%
Sugars	10g	20%
Total Fat	10g	20%
Sodium	210mg	42%
Total Crap	10g	20%
Total Protein	10g	20%
Total Carbohydrate	10g	20%
Dietary Fiber	10g	20%
Sugars	10g	20%

Safe Handling Instructions

COOKING INSTRUCTIONS

Grilling: Prepare grill by lightly coating grill grate with cooking oil or nonstick spray, preheat grill to medium heat. Remove frozen chicken burger from vacuum packaging and place on grill. Cook 3 minutes on one side and 4 to 5 minutes on other side. Turn off heat to prevent charring or burning. Product must be cooked to 165°F degrees and chicken juice run clear.

Oven Method: Remove frozen chicken burger from vacuum packaging and defrost 2 to 4 hours under refrigeration or overnight in refrigerator. Preheat oven to 385°F degrees. Place defrosted burger in baking dish and place in oven. Cook for 30 to 34 minutes. Turn at least once during cooking time. Product must be cooked to 165°F degrees internal temperature for food safety.

Pan Fry: Remove frozen chicken burger from vacuum packaging and defrost 2 to 4 hours under refrigeration or overnight in refrigerator. Cook defrosted burgers on medium heat for 6 to 8 minutes serving 100%. Product must be cooked to 165°F degrees internal temperature for food safety.

Manufactured For: Stuffin Gourmet-Swedesboro, New Jersey 08053

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Sugars	10g	20%

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COOKING INSTRUCTIONS

Defrost: Before cooking, remove frozen meatloaf portion from wrapper, place two pieces in microwave and use DEFROST button for 8 to 10 minutes. Or place meatloaf in refrigerator overnight.

Cooking Instructions: Preheat oven to 350°F degrees, remove DEFROSTED meatloaf from plastic wrap and place on baking dish. Cook for approximately 45 to 50 minutes. Product must reach 165°F degrees internal temperature for food safety.

Each Meatloaf portion has a outer wrapper that must be removed before cooking.

Toaster Oven Instructions: Preheat Toaster oven to 350°F degrees, remove meatloaf from plastic wrap and place on heating rack. Cook for approximately 45 to 48 minutes. Product must reach 165°F degrees internal temperature for food safety.

Each Meatloaf portion has a paper muffin cup that must be removed before serving.

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Calories 280

Total Fat	10g	20%
Sodium	210mg	42%
Total Crap	10g	20%
Total Protein	10g	20%
Total Carbohydrate	10g	20%
Dietary Fiber	10g	20%
Sugars	10g	20%
Total Fat	10g	20%
Sodium	210mg	42%
Total Crap	10g	20%
Total Protein	10g	20%
Total Carbohydrate	10g	20%
Dietary Fiber	10g	20%
Sugars	10g	20%

Safe Handling Instructions

COOKING INSTRUCTIONS

Defrost: For best results, remove from packaging prior to defrosting. Defrost under refrigeration for several hours or defrost using microwave. Do not place under microwave and do not defrost in toaster. Remove from plastic wrap.

Reheating: After defrosting, reheat in microwave for 2 minutes, double check internal temperature of 165°F degree, and additional 30 seconds for every 30 seconds. Do not microwave more than 10 minutes for the best results.

Conventional Oven: Preheat oven to 350°F degrees. Cook product with vacuum packaging until golden brown and place on serving plate. Cook approximately 20 to 22 minutes. If you cook from frozen state, the cooking time will increase.

Toaster Oven: Preheat toaster oven, use high heat setting (350°F) with fan. Place defrosted product on toaster oven. Cook approximately 20 to 22 minutes. Turn at least once during cooking time. Product must reach 165°F degrees.

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Dietary Fiber	10g	20%
Sugars	10g	20%
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Sodium	210mg	42%
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Total Protein	10g	20%
Total Carbohydrate	10g	20%
Dietary Fiber	10g	20%
Sugars	10g	20%

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