

NUTRITIONAL FACTS

THE PERFECT GOURMET

10/ 6 oz Chicken Marsala

<p>THE PERFECT <i>Gourmet</i></p> <p>Cooking Instructions (from frozen): Bring 3-4 quarts of water to a boil. Add pouch to water and immediately reduce heat to low. Simmer approximately 8-10 minutes. (Simmering is when small bubbles are rising from the bottom of the pot) Stir occasionally to circulate water around the pouch. Do not overheat.</p> <p>To serve: Remove pouches from water using tongs and place them on a paper towel or plate. Be careful, pouches are very hot. Using scissors, carefully cut along the top of the pouch and pour the contents onto a serving plate.</p> <p>Alternative stovetop cooking instructions: Defrost pouch overnight in refrigerator, or in cold tap water. Carefully cut the top of the pouch and transfer contents to a small saucepan. Heat on medium heat, stirring occasionally for 4-6 minutes or until internal temperature is 165F. Stir, and let stand for 1 minute before serving.</p> <p>Note: Ovens and cookware vary. Heating time is approximate. Be sure to heat food to a minimum of 165 F</p> <p>10 x 6.0 oz (170g) Pouches NET WT: 3.75 lbs. (1700g)</p>	<h1>Chicken Marsala</h1> <p>INGREDIENTS: Chicken Breast, Water, Marsala Wine (contains sulfites), White Mushrooms, Shallots, Butter (Cream, Natural Flavoring), Olive Oil, Modified Food Starch (corn), Sea Salt, Wheat Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Chicken Base (Chicken Stock, Salt, Natural Flavor), Parsley, Mushroom Broth Concentrate (Mushroom Juice, Natural Flavor, Salt), Garlic, Xanthan Gum, Thyme, Black Pepper.</p> <p>Contains: Milk, Wheat, Sulfites</p>  <p>Keep Frozen</p>	<h3>Nutrition Facts</h3> <p>10 servings per container Serving size 1 Pouch (170g)</p> <p>Amount per serving Calories 230</p> <table border="1"><thead><tr><th></th><th>% Daily Value*</th></tr></thead><tbody><tr><td>Total Fat 7g</td><td>9%</td></tr><tr><td>Saturated Fat 2.5g</td><td>13%</td></tr><tr><td>Trans Fat 0g</td><td></td></tr><tr><td>Cholesterol 90mg</td><td>30%</td></tr><tr><td>Sodium 440mg</td><td>19%</td></tr><tr><td>Total Carbohydrate 5g</td><td>2%</td></tr><tr><td>Dietary Fiber 0g</td><td>0%</td></tr><tr><td>Total Sugars 1g</td><td></td></tr><tr><td>Includes 0g Added Sugars</td><td>0%</td></tr><tr><td>Protein 33g</td><td></td></tr><tr><td>Vitamin D 0mcg</td><td>0%</td></tr><tr><td>Calcium 21mg</td><td>2%</td></tr><tr><td>Iron 1mg</td><td>6%</td></tr><tr><td>Potassium 311mg</td><td>6%</td></tr></tbody></table> <p><small>*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.</small></p>		% Daily Value*	Total Fat 7g	9%	Saturated Fat 2.5g	13%	Trans Fat 0g		Cholesterol 90mg	30%	Sodium 440mg	19%	Total Carbohydrate 5g	2%	Dietary Fiber 0g	0%	Total Sugars 1g		Includes 0g Added Sugars	0%	Protein 33g		Vitamin D 0mcg	0%	Calcium 21mg	2%	Iron 1mg	6%	Potassium 311mg	6%
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