

# NUTRITIONAL FACTS

OAK VALLEY FARMS

## (8) 5 oz. Sous Vide Grill Marked Chicken Breast Original

**Preparation Instructions:** Defrost Chicken overnight in refrigerator, when ready to cook remove from package. **Stove Top** – Preheat 1-2 teaspoons of chicken broth or cooking oil in a skillet, over medium-high heat. Cover with a lid and heat until warmed throughout, turning once, 3-4 minutes per side, until the internal temperature reaches 165°F. **Air Fryer** – Preheat Air Fryer to 365 °F. Place defrosted chicken breast into air fryer. Heat for 8- 10 minutes per breast, or until the internal temperature reaches 165°F. **Oven** - Preheat oven to 375°F. Spray baking sheet with cooking oil before placing chicken breast on baking sheet. Place in oven and heat for 10 - 12 minutes, or until the internal temperature reaches 165°F. **Microwave** – Remove the chicken breast from the packaging. Place breasts on a microwave safe dish and cover with a damp paper towel. Heat for 2-2 ½ minutes, or until the internal temperature reaches 165°F.

<b>Nutrition Facts</b>	
1 serving per container	
<b>Serving size</b>	<b>5 oz. (142g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>220</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 135mg	<b>45%</b>
<b>Sodium</b> 330mg	<b>14%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 40g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.6mg	4%
Potassium 510mg	10%

\* The % Daily Value (DV) 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.

INGREDIENTS: CHICKEN BREAST,  
BONELESS, SKINLESS, WATER, OLIVE OIL,  
SEA SALT, SPICE

# NUTRITIONAL FACTS

OAK VALLEY FARMS

## (8) 5 oz. Sous Vide Grill Marked Chicken Breast Garlic Herb

**Preparation Instructions:** Defrost Chicken overnight in refrigerator, when ready to cook remove from package. **Stove Top** – Preheat 1-2 teaspoons of chicken broth or cooking oil in a skillet, over medium-high heat. Cover with a lid and heat until warmed throughout, turning once, 3-4 minutes per side, until the internal temperature reaches 165°F. **Air Fryer** – Preheat Air Fryer to 365 °F. Place defrosted chicken breast into air fryer. Heat for 8- 10 minutes per breast, or until the internal temperature reaches 165°F. **Oven** - Preheat oven to 375°F. Spray baking sheet with cooking oil before placing chicken breast on baking sheet. Place in oven and heat for 10 - 12 minutes, or until the internal temperature reaches 165°F. **Microwave** – Remove the chicken breast from the packaging. Place breasts on a microwave safe dish and cover with a damp paper towel. Heat for 2-2 ½ minutes, or until the internal temperature reaches 165°F.

<b>Nutrition Facts</b>	
1 serving per container	
<b>Serving size</b>	<b>5 oz. (142g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 135mg	<b>45%</b>
<b>Sodium</b> 370mg	<b>16%</b>
<b>Total Carbohydrate</b> <1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 39g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1.1mg	6%
Potassium 510mg	10%
<small>* The % Daily Value (DV) 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>	

INGREDIENTS: CHICKEN BREAST, BONELESS, SKINLESS, WATER, GARLIC HERB & SEA SALT RUB (SEASONING RUB (DEHYDRATED GARLIC, MALTODEXTRIN, SEA SALT, DEHYDRATED ONION, SPICE, NATURAL FLAVOR, DEHYDRATED PARSLEY, CITRIC ACID, ANNATTO EXTRACTIVE, TURMERIC EXTRACTIVE, SPICE, NATURAL FLAVOR, <2% SILICON DIOXIDE( ANTI-CAKING AGENT)), THYME, ROSEMARY, PARSLEY