

NUTRITIONAL FACTS

THE PERFECT GOURMET

Choice Of 6/6 oz Chicken Marsala or 6/6 oz Thai Chicken

THE PERFECT
Gourmet

Chicken Marsala

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.

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.

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.

Note: Ovens and cookware vary. Heating time is approximate.

Be sure to heat food to a minimum of 165 F

6 x 6.0 oz (170g) Pouches

NET WT: 2.25 lbs. (1020g)

Lot: XXXXX

INGREDIENTS: Chicken Breast, Water, Marsala Wine (contains sulfites), White Mushrooms, Shallots, Butter (Cream, Natural Flavoring), Olive Oil, Sea Salt, Wheat Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Chicken Base (Chicken Stock, Salt, Natural Flavor), Modified Food Starch (corn), Parsley, Mushroom Broth Concentrate (Mushroom Juice, Natural Flavor, Salt), Garlic, Black Pepper, Xanthan Gum, Parsley, Thyme.

Contains: Milk, Wheat



Keep Frozen

Distributed By:

RFG

Swedesboro, NJ 08085

Nutrition Facts

6 servings per container

Serving size 1 Pouch (170g)

Amount per serving
Calories 220

% Daily Value*

Total Fat 7g 9%

Saturated Fat 2.5g 13%

Trans Fat 0g

Cholesterol 90mg 30%

Sodium 370mg 16%

Total Carbohydrate 4g 1%

Dietary Fiber 0g 0%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 34g

Vitamin D 0mcg 0%

Calcium 21mg 2%

Iron 1mg 6%

Potassium 303mg 6%

*This % 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.

NUTRITIONAL FACTS

THE PERFECT GOURMET

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Thai Chicken

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.

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.

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 165°F. Stir, and let

stand for 1 minute before serving.

Note: Ovens and cookware vary. Heating time is approximate.

Be sure to heat food to a minimum of 165° F

INGREDIENTS: Chicken Breast (Chicken Breast, Water, Salt, Olive oil), Coconut Cream (Coconut, Sugar, Water, polysorbate 60, Sorbitan Monostearate, Salt, Propylene Glycol Alginate, Mono and Diglycerides (emulsifiers), Citric Acid, Guar Gum Locust Bean), Red Curry (Dried Chili Pepper, Garlic, Shallot, Lemongrass, Sugar, Kaffir Lime, Galangal, Spices (Coriander Seeds, Cumin, Cardamom) Citric Acid), Modified Food Starch (corn), Ginger, Garlic, Fish Sauce (Anchovy, Salt), Sea Salt, Basil, Lime Juice.

Contains: Fish, Treenut

6 x 6.0 oz (170g) Pouches

NET WT: 2.25 lbs. (1020g)

Lot: XXXXX

Keep Frozen



Nutrition Facts

6 servings per container
Serving size 1 Pouch (170g)

Amount per serving
Calories 260

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 450mg	20%
Total Carbohydrate 19g	7%
Dietary Fiber 0g	0%
Total Sugars 16g	
Includes 14g Added Sugars	28%
Protein 27g	
Vitamin D 0mcg	0%
Calcium 16mg	2%
Iron 1mg	6%
Potassium 216mg	4%

*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.

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