

NUTRITIONAL FACTS

THE PERFECT GOURMET

Chicken Piccata 6/6 oz

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Gourmet

Chicken Piccata

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. **Contains: MILK, WHEAT, SULFITES**

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, WATER, WHITE WINE (SULFITES), BUTTER (CREAM, NATURAL FLAVORING), WHEAT FLOUR (BLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), GARLIC, CAPERS (CAPERS, WATER, VINEGAR, SALT), CHICKEN BASE (CHICKEN STOCK, SALT, NATURAL FLAVOR), MODIFIED FOOD STARCH (CORN), SEA SALT, LEMON JUICE, PARSLEY, OLIVE OIL, THYME.



6 x 6.0 oz (170g) Pouches

NET WT: 2.25lbs. (1020G)

Lot: XXXXX

Keep Frozen

Distributed By:

RFG

Swedesboro, NJ 08085

Nutrition Facts	
6 servings per container	
Serving size	1 Pouch (170g)
Amount Per Serving	
Calories	240
	% Daily Value*
Total Fat 8g	16%
Saturated Fat 3.5g	7%
Trans Fat 0g	
Cholesterol 90mg	18%
Sodium 510mg	22%
Total Carbohydrate 6g	1%
Dietary Fiber 1g	2%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Sugar Alcohol 0g	
Protein 31g	62%
Vitamin D 0mcg	0%
Calcium 299mg	25%
Iron 0.18mg	0%
Potassium 11938mg	250%

*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.