

## (4) 4 OZ. TERIYAKI FLAVORED CHICKEN BREAST SKEWERS

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	<b>4 oz (113g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>140</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 0.5g	<b>3%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 75mg	<b>25%</b>
<b>Sodium</b> 540mg	<b>23%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 2g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 23g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.6mg	4%
Potassium 550mg	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>	

\*Contains up to a 12.87% added solution of water, seasoning, sugar, flavoring, vinegar, salt, and dehydrated garlic. Uncooked, Seasoned, and Colored with Caramel. Product of Canada.

**Ingredients:** Chicken Breast, Seasoning (Soy Sauce Powder [Soybeans, Maltodextrin, Salt], Sugar, Dehydrated Garlic, Rice Vinegar Powder [Maltodextrin, Rice Vinegar], Spices, Caramel Color Powder), Water, Sugar, Flavoring, Vinegar, Salt, Dehydrated Garlic.

**Contains:** Soy.

## Cooking Instructions

**Cook to a minimum internal temperature of 165°F (74°C). If frozen, thaw product prior to cooking.**

**BBQ:** Brush grill with vegetable oil and preheat to medium low heat. Remove skewers from package and place on grill. Cook for 8-10 minutes turning occasionally. **Frying Pan:** Remove skewers from package and place in a nonstick frying pan. Cook over medium heat for 10-12 minutes turning occasionally. **Conventional Oven:** Preheat oven to 425°F (220°C). Remove skewers from package and place on a foil or parchment lined baking sheet. Cook for 18-20 minutes, turning once. **Air Fryer:** Grease tray in the air fryer basket with cooking oil. Remove skewers from package and place 4 skewers in a single layer in the basket and leave space in between. Program the air fryer to cook at 400°F for 6-7 minutes.

## (4) 4 OZ. SWEET CHILI LIME FLAVORED CHICKEN BREAST SKEWERS

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	<b>4 oz (113g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>150</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 3.5g	<b>4%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 75mg	<b>25%</b>
<b>Sodium</b> 540mg	<b>23%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 4g	
Includes 3g Added Sugars	<b>6%</b>
<b>Protein</b> 23g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.5mg	2%
Potassium 550mg	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>	

**\*Contains up to a 13.25% added solution of seasoning, water, salt, flavorings, vinegar, and canola oil. Uncooked, Seasoned, and Colored with Turmeric. Product of Canada.**

**Ingredients:** Chicken Breast, Seasoning (Sugar, Lime Juice Powder [Corn Syrup Solids, Lime Juice, Flavor], Spices & Coloring, Dehydrated Garlic, Corn Syrup Solids, Dehydrated Green Bell Pepper, Dehydrated Onion, Tomato Powder, Red Bell Pepper Powder, Canola Oil, Flavor), Water, Salt, Flavorings, Vinegar, Canola Oil.

### Cooking Instructions

**Cook to a minimum internal temperature of 165°F (74°C). If frozen, thaw product prior to cooking.**

**BBQ:** Brush grill with vegetable oil and preheat to medium low heat. Remove skewers from package and place on grill. Cook for 8-10 minutes turning occasionally. **Frying Pan:** Remove skewers from package and place in a nonstick frying pan. Cook over medium heat for 10-12 minutes turning occasionally. **Conventional Oven:** Preheat oven to 425°F (220°C). Remove skewers from package and place on a foil or parchment lined baking sheet. Cook for 18-20 minutes, turning once. **Air Fryer:** Grease tray in the air fryer basket with cooking oil. Remove skewers from package and place 4 skewers in a single layer in the basket and leave space in between. Program the air fryer to cook at 400°F for 6-7 minutes.