

Chicken Creole Alfredo

Nutrition Facts		Amount/serving	% Daily Value	Amount/serving	% Daily Value
		Total Fat 9g	12%	Total Carb. 32g	12%
	Sat. Fat 4g	20%	Fiber 1g	4%	
	Trans Fat 0g		Total Sugars 3g		
	Cholest. 50mg	17%	Incl. 0g Added Sugars		
	Sodium 1160mg	50%	Protein 21g	0%	
Vitamin D 0mcg 0% • Calcium 140mg 10% • Iron 1.3mg 8% Potassium 200mg 4%					

6 servings
Serving size
6.6 (189g)

Calories **290**
per serving

INGREDIENTS: HEAVY CREAM (HEAVY CREAM, SKIM MILK, CARRAGEENAN), MILK, NONFAT DRYMILK, PARMESAN CHEESE [(MILK, SALT, CHEESE CULTURES, ENZYMES), WHEY, NATURAL FLAVOR, DISODIUM PHOSPHATE, LACTIC ACID], MODIFIED CORN STARCH, SALT, ROMANO CHEESE [(COW'S MILK, SALT, CHEESE CULTURES, ENZYMES), WHEY, NATURAL FLAVOR, DISODIUM PHOSPHATE, LACTIC ACID], NATURAL FLAVORS, LACTIC ACID, GARLIC AND ONION POWDER, DISODIUM INOSINATE AND DISODIUM GUANYLATE, SUGAR, SPICE, XANTHAN GUM, AND SILICON DIOXIDE ADDED TO PREVENT CAKING., PARMESAN (MILK, CHEESE CULTURES, SALT, ENZYMES), TAPIOCA FLOUR, LIME JUICE, CREOLE SEASONING (SALT, RED PEPPER, BLACK PEPPER, CHILI POWDER (CHILI PEPPER, SPICES, SALT, GARLIC POWDER), DEHYDRATED GARLIC, SILICON DIOXIDE (ANTI-CAKING AGENT)), DURUM WHEAT SEMOLINA, (ENRICHED WITH IRON (FERROUS SULFATE) AND B VITAMINS (NIACIN, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID)), CHICKEN BREAST MEAT

CONTAINS: MILK, WHEAT

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 CLEAN LABEL GOURMET FOODS
 3610 COMMERCE DRIVE
 HALTHORPE MD 21227

Chicken Gnocchi Garlic Parmesan

Nutrition Facts	Amount/serving	% Daily Value	Amount/serving	% Daily Value
	6 servings			
Serving size 6.6 (189g)	Total Fat 10g	13%	Total Carb. 31g	11%
Calories per serving	Sat. Fat 5g	25%	Fiber 2g	7%
	310		Total Sugars 3g	
	<i>Trans Fat</i> 0g		Incl. 0g Added Sugars	
	Cholest. 50mg	17%	Protein 22g	0%
	Sodium 450mg	20%	Vitamin D 0.8mcg 4% • Calcium 180mg 15% • Iron 0.9mg 6% Potassium 240mg 6%	

INGREDIENTS: WHOLE MILK (MILK, VITAMIN D3), PARMESAN (MILK, CHEESE CULTURES, SALT, ENZYMES), HEAVY CREAM (HEAVY CREAM, SKIM MILK, CARRAGEENAN), GARLIC POWDER, SEASONED SALT, WHITE PEPPER*, WATER, DURUM FLOUR ENRICHED (DURUM FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), DEHYDRATED POTATOES (POTATOES, MALTODEXTRIN, CONTAINS 2% OR LESS OF: AVOCADO OIL, MONO AND DIGLYCERIDES, COLOR [TITANIUM DIOXIDE], NATURAL AND ARTIFICIAL FLAVORS, MODIFIED FOOD STARCH, FRESHNESS PRESERVED WITH [SODIUM BISULFITE, BHT]), MASHED POTATOES (POTATOES, WATER, ARTIFICIAL COLOR, SODIUM ACID PYROPHOSPHATE), SALT, CHICKEN BREAST MEAT

CONTAINS: MILK, WHEAT

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Preparation

Skillet Preparation Instructions **Ready in under 7 minutes!**

- ♦ For best results: Thaw meal in the refrigerator overnight, or place sealed pouches in cold water for 30–40 minutes.

Preheat Skillet

Heat a non-stick skillet over medium heat for 1 minute.

Add Sauce

Pour the sauce pouch into the skillet and stir gently. Heat for 1–2 minutes until it starts to simmer.

Add Pasta

Add the pasta to the simmering sauce. Stir to coat evenly.

Add Protein

Place the protein (shrimp, chicken, or other) on top. Cover with a lid or foil.

Heat for 4–5 minutes, stirring occasionally, until the protein is heated through and everything is hot and bubbly.

Serve & Enjoy

Plate your meal directly from the skillet. Enjoy a chef-crafted dish with no dishes to wash!