KEEP REFRIGERATED

MICROWAVEABLE

Chicken Parmesan

Sliced Chicken Breast with Chianti Parmesan Sauce and Spaghetti

Fully Cooked

NET WT. 14 OZ (397g)

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Nutrition Facts

Serving Size 6 oz (195g)
Servings Per Container about 2

Amount Per Serving	
Calories 270	Calories from Fat 90
	% Daily Value*
Total Fat 10g	**15%**
Saturated Fat 4.5g	**23%**
Trans Fat 0g	
Cholesterol 45mg	**15%**
Sodium 470mg	**20%**
Total Carbohydrate 27g	**9%**
Dietary Fiber 2g	**8%**
Sugars 8g	
Protein 15g	
Vitamin A 10% • Vitamin C 15%	
Calcium 2% • Iron 10%	

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: Chianti Sauce (Tomatoes, Chianti Wine, Butter [Cream, Salt], Tomato Paste, Sugar, Enriched Flour Flour [Wheat Flour, Niacin, Iron {Ferrous Sulfate}, Thiamine Mononitrate, Riboflavin, Folic Acid], Modified Cornstarch, Canola Oil, Shallots, Garlic, Onion, Salt, Natural Flavor, Thyme, Caramelized Sugar Powder), Spaghetti (Water, Enriched Semolina Flour [Durum Semolina, Niacin, Iron {Ferrous Sulfate}, Thiamine Mononitrate, Riboflavin, Folic Acid], Wheat Gluten, Canola Oil, Egg Whites, Locust Bean Gum, Agar, Carrageenan, Xanthan Gum), Chicken Breast and Food Starch Product (Chicken Breast Meat, Salt, Modified Food Starch, Dextrose, Sodium Polyphosphate).

Contains: Soy, Wheat, Milk, Egg

Heating Instructions

Microwave Oven:
(Microwave oven times vary)

Black tray can be used as microwavable serving dish.

Caution: Black tray won't be as rigid when warm. Contents will be hot! For safety, place a plate underneath the black tray for heating.

- Remove sleeve from black tray.
- Cut a 1" slit in near the end of pouch.
- Microwave pouch for about 3 minutes or until hot. Let stand 2 minutes.
- Cut pouch open and carefully pour contents into serving dish.
- Serve and enjoy.

Stove Top:

- Remove pouch from black tray
- Place pouch into 2 quart sauce pan, cover with hot water, and bring to a boil.
- Turn burner to low and simmer for 7 to 10 minutes.
- Cut pouch open and carefully pour contents into serving dish.
- Serve and enjoy

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