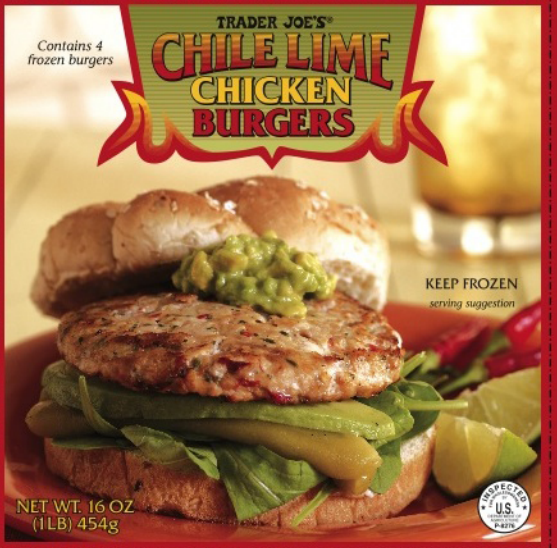
DATE CODE AREA



Nutrition Facts

Serving Size 1 burger (114g/4oz)
Servings Per Container 4

Amount Per Serving

Calories 150	Calories from Fat 60
	% Daily Value*
Total Fat 6g	**10%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 75mg	**26%**
Sodium 310mg	**13%**
Total Carbohydrate 3g	**1%**
Dietary Fiber 2g	**9%**
Sugars 0g	
Protein 19g	

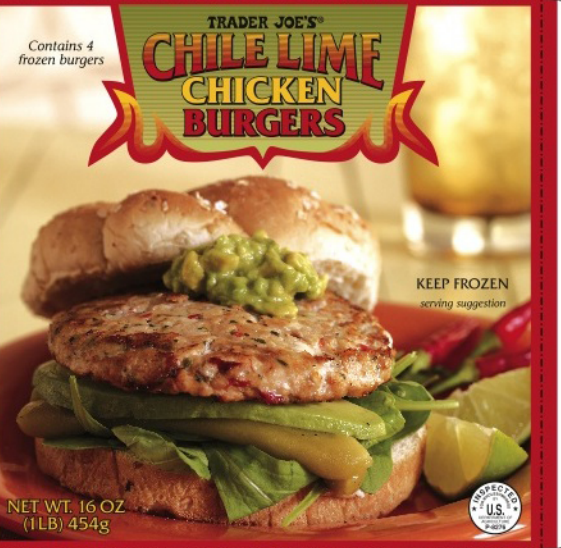
Vitamin A 8% • Vitamin C 4%
Calcium 4% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: Ground Chicken, Onions, Bell Peppers, Garlic, Cilantro, Natural Flavor, Salt, Lime Juice Concentrate, Red Pepper Flakes.

Dist. & Sold Exclusively By:
Trader Joe's, Monrovia, CA 91016



THAWING INSTRUCTIONS: Place Chicken Burgers in refrigerator to thaw for 2-3 hours before cooking.

BROIL: Place broiling rack in upper 1/3 of oven. Preheat oven to broil on high setting. Place Chicken Burger on lightly oiled broiling pan and broil for about 3-4 minutes per side or until internal temperature reaches 165°F.

BARBEQUE: Place Chicken Burger on hot, oiled grill and grill for 3-4 minutes per side or until internal temperature is 165°F.

SKILLET: Preheat lightly oiled skillet on medium-high setting. Place Chicken Burger in skillet and cook for 3-4 minutes per side or until internal temperature is 165°F.

FROZEN COOKING INSTRUCTIONS: Follow the instructions above and increase cooking times to 5-6 minutes per side or until internal temperature reaches 165°F.

KEEP FROZEN UNTIL READY TO USE.
PROMPTLY RETURN UNUSED PORTION TO FREEZER.

SAFE HANDLING INSTRUCTIONS

THIS PRODUCT WAS PREPARED FROM INSPECTED AND PASSED MEAT AND/OR POULTRY. SOME FOOD PRODUCTS MAY CONTAIN BACTERIA THAT COULD CAUSE ILLNESS IF THE PRODUCT IS MISHANDLED OR COOKED IMPROPERLY. FOR YOUR PROTECTION, FOLLOW THESE SAFE HANDLING INSTRUCTIONS.

KEEP REFRIGERATED OR FROZEN. THAW IN REFRIGERATOR OR MICROWAVE.

KEEP RAW MEATS AND POULTRY SEPARATE FROM OTHER FOODS. WASH WORKING SURFACES (INCLUDING CUTTING BOARDS), UTENSILS, AND HANDS AFTER TOUCHING RAW MEAT OR POULTRY.

COOK THOROUGHLY.

KEEP HOT FOODS HOT. REFRIGERATE LEFTOVERS IMMEDIATELY OR DISCARD.

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