pork raised
without antibiotics

17g whole grains per entrée**

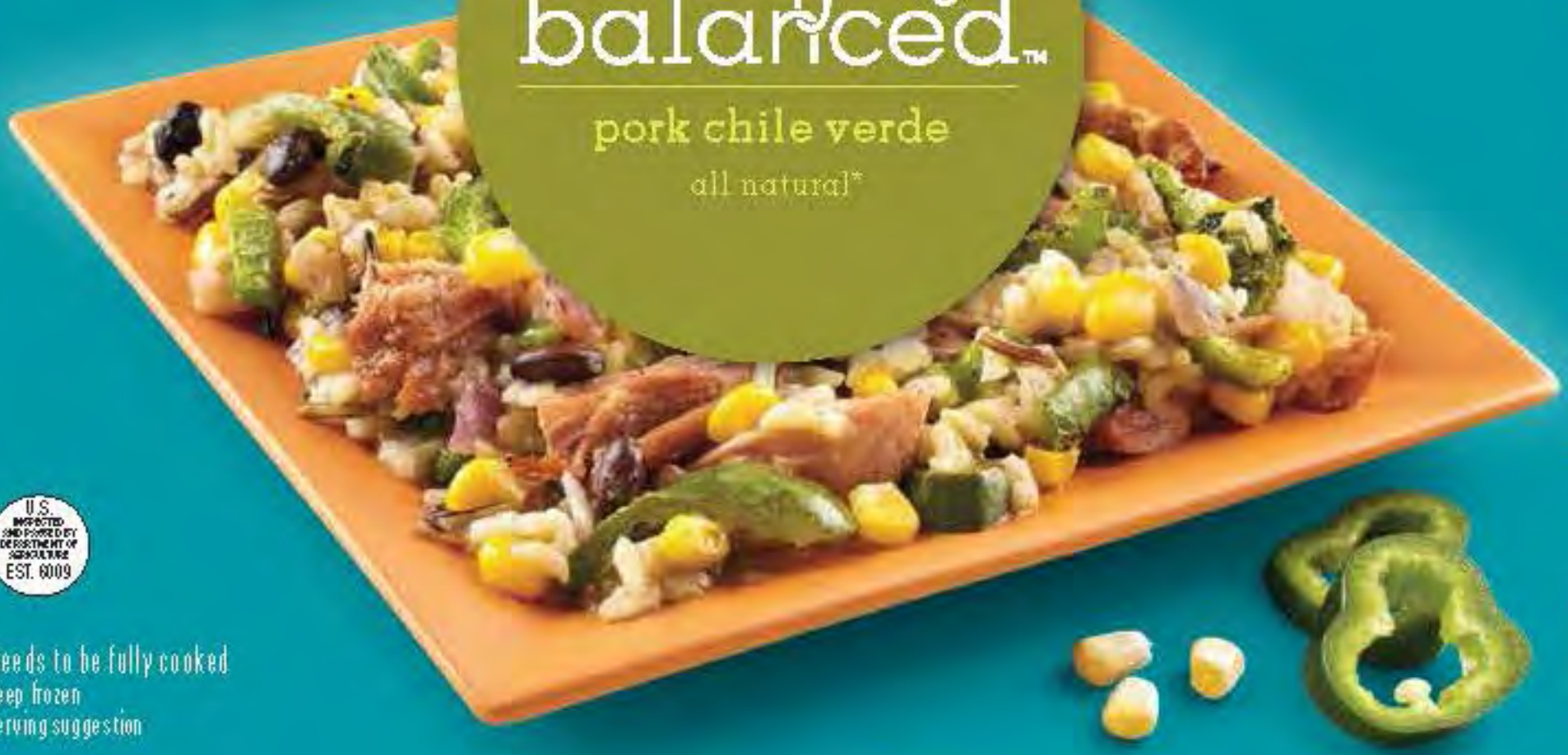
SEE NUTRITION FOR TOTAL FAT CONTENT

made with a blend of grains and vegetables, pork & Monterey Jack cheese in an enchilada sauce

Simply balanced™

pork chile verde

all natural*



U.S. INSPECTED AND PASSED BY THE DEPARTMENT OF AGRICULTURE EST. 6009

Needs to be fully cooked
Keep frozen
Serving suggestion

NET WT 9 OZ (255g)

*NO ARTIFICIAL INGREDIENTS, MINIMALLY PROCESSED.

Nutrition Facts

Serving Size 1 package (255g)

Amount Per Serving	
Calories 260	Calories from Fat 90
	% Daily Value*
Total Fat 10g	**16%**
Saturated Fat 4g	**19%**
Trans Fat 0g	
Cholesterol 35mg	**12%**
Sodium 610mg	**25%**
Total Carbohydrate 31g	**10%**
Dietary Fiber 4g	**17%**
Sugars 7g	
Protein 15g	

Vitamin A 8% • Vitamin C 80%

Calcium 2% • Iron 15%

*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

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Great tasting food made simple

Brown rice is mixed with corn, pulled pork, fire-roasted poblano peppers, red onions and Monterey Jack cheese topped with a savory green enchilada sauce. A meal is just minutes away with Simply Balanced frozen meals.

Simply Balanced, because...

4g of fiber
pork raised without antibiotics

Our simple promise

The Simply Balanced guarantee means taking the guesswork out of eating well.

COOKING DIRECTIONS.
KEEP FROZEN UNTIL READY TO PREPARE.

MICROWAVE

Directions were developed for 1100 watt microwave ovens. Cooking in microwaves below 1100 watts will require additional time to reach proper temperatures.

1. Remove tray from package; cut 1 inch vent at one end.
2. Microwave on HIGH 2 minutes; remove film. Stir.
3. Microwave uncovered 2 minutes longer until hot. Let stand 2 minutes.

CAUTION: tray will be hot. Carefully remove from microwave.

For food safety, cook to 165°F throughout.
Appliances may vary, adjust times accordingly.
Refrigerate or discard leftovers immediately.

**THE 2010 USDA DIETARY GUIDELINES RECOMMENDS CONSUMING AT LEAST 3 ONE-OUNCE EQUIVALENTS (48g) OF WHOLE GRAINS PER DAY. ONE ONE-OUNCE EQUIVALENT OF WHOLE GRAINS EQUAL TO 16 GRAMS.

Simply balanced.

pork chile verde

BEST BY 30MAR2016
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