RAW CHICKEN

Nutrition Facts

For food safety, cook to a minimum internal temperature of 165°F measured by a meat thermometer.

Nutritional Information per serving:
- Calories: 210
- Total Fat: 8g
- Saturated Fat: 2g
- Cholesterol: 60mg
- Sodium: 680mg
- Total Carbohydrates: 19g
- Dietary Fiber: 5g
- Sugar: 1g

Ingredients: Chicken, Broccoli, Cheese (pasteurized milk, cheese culture, salt, lactic acid), breadcrumbs (wheat flour, salt, sugar, dehydrated onion, garlic powder), spices, vegetable oil, water.

Do not microwave. To prevent foodborne illness caused by eating raw poultry:

- Keep raw poultry, particularly at-room temperature for 2 minutes before cooking.

For more information, visit www.milfordvalley.com/ProduceRecipes.

Keep frozen.
CHICKEN CORDON BLEU

RAW DO NOT MICROWAVE

COOKING DIRECTIONS (Conventional Oven Only)

1. Preheat oven to 375°F.
2. Remove frozen entrée from pouch.
3. Place entrées on an aluminum baking sheet at least 3 inches apart on center rack in the middle of the oven.
4. Bake 1-2 hours for 30 minutes. Bake 1-2 hours for 30 minutes. (Cooking time may vary.)

Cooking Time may vary up to 1 hour. Insert the meat thermometer at an angle 2 inches into the top center of the center.

NOTE: If the chicken is not finished at 1 hour, continue baking for an additional 10 minutes.

Net WT. 10 oz. (283g)

2 Individually wrapped entrées

RAW PRODUCT

PER SERVING

210 Calories
210 Calories

10% Daily Value
10% Daily Value

21% Daily Value
21% Daily Value

Sodium 150 mg
Sodium 150 mg

Cholesterol 60 mg
Cholesterol 60 mg

Saturated Fat 9 g
Saturated Fat 9 g

Total Fat 1 g
Total Fat 1 g

2g Dietary Fiber 2g Dietary Fiber 2g

Total Carbohydrates 17 g
Total Carbohydrates 17 g

12g Protein 12g Protein

Not a significant source of added sugar
Not a significant source of added sugar

KIRKWOOD

Raw Stuffed

CHICKEN, BROCCOLI & CHEESE

BREADED CHICKEN BREAST WITH RIB
MEAT PATTY, SPECIALY CUT & SHAPED,
STUFFED WITH BROCCOLI & CHEESE

Serving Suggestion

For Product After Freezing

Twice thawed. Do not refreeze.

For Product After Freezing

Keep in oven to a temperature of 140°F. Insert the meat thermometer at an angle 2 inches into the top center of the center.

For Product After Freezing

Net WT. 5 oz (142g)

Twice thawed. Do not refreeze.
RAW DO NOT MICROWAVE

COOKING DIRECTIONS (Conventional Oven Only)

1. Preheat oven to 350°F.
2. Removebruse entire from pouch.
3. Placebruse on an aluminum baking sheet at least 1 inch apart on center rack in the middle of the oven.
4. Bake 1-2 entries for 30 minutes. Bake 3-6 entries for 40 minutes.
5. Quitch / Discard will be hot. Test sliced for 2 minutes before serving. Ovens and cook times may vary for Food Safety, bake this raw product to a minimum internal temperature of 165°F. Insert the meat thermometer at an angle 2 inches into the top center of the bruse.

KIRKWOOD

Raw Stuffed
CHICKEN CORDON BLEU

BREADED CHICKEN BREAST WITH RIB MEAT PATTY, SPECIALLY CUT & SHAPED, STUFFED WITH HAM & CHEESE

PER SERVING

Calories 220
Calories from Fat 80
Total Fat 25g
Saturated Fat 12g
Trans Fat 0g
Cholesterol 115mg
Sodium 880mg
Total Carbohydrate 12g
Dietary Fiber 7g
Total Sugars 2g
Protein 17g

% Daily Value

10%
13%
0%
4%
12%
30%

Serving Size 1 Package (142g)

KEEP FRESH

Serving Suggestions

Serve with your choice of vegetables and a warm salad. Make a platter of stuffed chicken and serve with your favorite dipping sauce.
5 oz Individual Package:

Cartons: