



**JUST HEAT & SERVE**  
REHEATS IN 3 MINUTES

Broccoli  
Chicken Breast

# Broccoli Stuffed Chicken

BONELESS SKINLESS CHICKEN BREAST  
HAND STUFFED WITH BROCCOLI & CHEDDAR  
AU GRATIN

*fully cooked • microwavable*  
*keep refrigerated • perishable*



PER 5 OZ SERVING

<b>180</b> CALORIES	<b>2g</b> SAT FAT 10% DV	<b>550mg</b> SODIUM 24% DV	<b>1g</b> TOTAL SUGARS
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NET WT 16 OZ (1 LB) 454g



SERVING SUGGESTION



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### Nutrition Facts

3 servings per container  
Serving size 5 oz (140g)

Amount per serving  
**Calories 180**

% Daily Value\*

<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 75mg	<b>25%</b>
<b>Sodium</b> 550mg	<b>24%</b>
<b>Total Carbohydrate</b> 7g	<b>3%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 24g	
Vitamin D 0mcg	0%
Calcium 97mg	8%
Iron 0mg	0%
Potassium 313mg	6%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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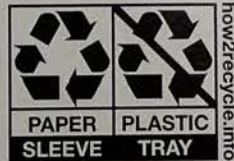
**INGREDIENTS:** CHICKEN, WATER, BROCCOLI, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATTO [VEGETABLE COLOR], [POTATO STARCH AND POWDERED CELLULOSE (TO PREVENT CAKING)], NATAMYCIN [A NATURAL MOLD INHIBITOR]), BREAD CRUMBS (UNBLEACHED WHEAT FLOUR, SUGAR, SALT, YEAST), ONION, MOZZARELLA CHEESE, (PASTEURIZED PART SKIM MILK, SKIM MILK, SALT, CHEESE CULTURES, ENZYMES), POWDERED CELLULOSE [ADDED TO PREVENT CAKING], NATAMYCIN [A NATURAL PRESERVATIVE]), POTATO STARCH, PARMESAN CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), SEA SALT, CORN STARCH, FIRE ROASTED GARLIC, NATURAL FLAVOR (NATURAL FLAVOR, MALTODEXTRIN), SPICES, PAPRIKA, SUGAR, TURMERIC, PARSLEY.

**CONTAINS: MILK, WHEAT.**

DIST. & SOLD EXCLUSIVELY BY: ALDI, BATAVIA, IL 60510



- Item replaced
- money refunded



## Broccoli Stuffed Chicken



### HEATING INSTRUCTIONS

**MICROWAVE (RECOMMENDED)**  
USING SCISSORS, CUT OPEN PACKAGE AND PLACE THE CHICKEN ON A CUTTING BOARD. SLICE THE CHICKEN INTO 1-INCH SLICES. PLACE ALL OF THE PIECES ON A MICROWAVE SAFE PLATE AND DRIZZLE WITH ANY REMAINING JUICES EVENLY OVER ALL SLICES. APPLY A DAMP PAPER TOWEL TO YOUR DISH. MICROWAVE FOR 3 MINUTES (OR UNTIL HOT). CAREFULLY REMOVE PLATE FROM THE MICROWAVE AND REMOVE DAMP PAPER TOWEL. LET COOL FOR 30 SECONDS AND THEN SERVE.

**FROZEN**  
PRODUCT MAY BE FROZEN. TO DEFOST, PLACE IN THE REFRIGERATOR FOR AT LEAST 12 HOURS. THEN FOLLOW THE HEATING INSTRUCTIONS ABOVE. USE PRODUCT WITHIN 3 DAYS OF DEFOSTING.

Chicken



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