

CUT OPEN 



Sweet Chili Chicken

MEAL STARTER

Fully cooked, boneless, battered white meat chicken in a sweet chili sauce.

TIME'S ON YOUR SIDE!™

Stove top ready in about **12** MINUTES!



gluten FREE

Serve with Your Favorite VEGETABLES NOODLES or RICE

KEEP FROZEN
COOK THOROUGHLY

PER 5 OZ SERVING

320 CALORIES	1g SAT FAT 5% DV	600mg SODIUM 25% DV	26g SUGARS
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SERVING SUGGESTION
ENLARGED TO SHOW QUALITY

NET WT 18 OZ (1 LB 2 OZ) 510g

Nutrition Facts

Serving Size 5 oz (140g)
Servings Per Container about 3.5

Amount Per Serving

Calories 320 **Calories from Fat** 70

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 600mg **25%**

Total Carbohydrate 49g **16%**

Dietary Fiber 1g **4%**

Sugars 26g

Protein 11g

Vitamin A 4% • Vitamin C 4%

Calcium 2% • 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
Saturated 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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: CHICKEN (CHICKEN BREAST, WATER, CORN STARCH, RICE FLOUR, YELLOW CORN FLOUR, POTATO STARCH, YELLOW CORN MEAL, LEAVENING [CREAM OF TARTAR, SODIUM BICARBONATE], SEA SALT, GARLIC POWDER, YEAST EXTRACT, ONION POWDER, FULLY COOKED IN VEGETABLE OIL [CANOLA]), SAUCE (SUGAR, WATER, DISTILLED VINEGAR, AGED CAYENNE PEPPERS, GARLIC, CANOLA OIL, GINGER, SALT, CORN STARCH, SPICE, GUAR GUM).

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ELK GROVE VILLAGE, IL 60007
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meals, snacks and sides in only minutes.

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{stove top cooking instructions}

(RECOMMENDED)

- 1 Remove all inner packages; place unopened SAUCE packet in a cup or bowl of HOT water to thaw. **DO NOT MICROWAVE.**
- 2 Sauté CHICKEN from pouch in a preheated nonstick skillet with 1-2 tablespoons of oil on MEDIUM heat for about 8-10 minutes, turning frequently until hot and crispy.
- 3 Add the thawed SAUCE, mix well until heated thoroughly, about 1-2 minutes, and serve.*

{conventional oven instructions}

- 1 Preheat oven to 450°F. Remove all inner packages; place unopened SAUCE packet in a cup or bowl of HOT water to thaw. **DO NOT MICROWAVE.**
- 2 Place CHICKEN onto baking sheet or into an oven-safe pan. Separate pieces for more even heating. Bake on center rack for 12-15 minutes or until heated through. Turn halfway through baking.
- 3 Place heated chicken in large bowl. Add the thawed SAUCE, mix well until thoroughly coated and serve.*

*Recommended serving temperature for meat is 165°F.

READY TO EAT IN ABOUT 12 MINUTES

{this meal contains the following}

packaged separately

Pre-cooked Chicken ■ Sauce Packet



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