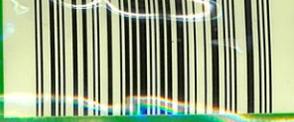




Ready in
10 Minutes



15g
Protein
per serving
0g
Trans Fat
per serving

Chicken Fried Rice

Complete Skillet Meal

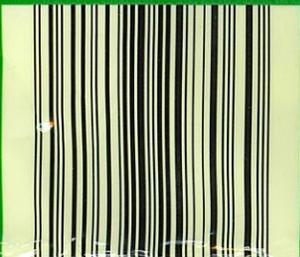


Savory Chicken Fried Rice
featuring Jasmine Rice, Eggs,
Vegetables, and Chicken in a
Savory Asian Fried Rice Sauce



SERVING
SUGGESTION

KEEP FROZEN • DO NOT THAW • COOK THOROUGHLY
SAUCE PACKET INCLUDED • MICROWAVABLE



Per 1/3 package serving

230 Calories	2g Sat Fat 10% DV	730mg Sodium 30% DV	4g Total Sugars
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NET WT 22 OZ (624g)

Nutrition Facts

3 servings per container

Serving size 1/3 package (208g)

Amount per serving

Calories 230

% Daily Value*

Total Fat 5g **7%**

Saturated Fat 2g **10%**

Trans Fat 0g

Polyunsaturated Fat 1.5g

Monounsaturated Fat 1.5g

Cholesterol 20mg **7%**

Sodium 730mg **30%**

Total Carbohydrate 30g **11%**

Dietary Fiber 3g **12%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

Protein 15g

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 1.4mg 8%

Potassium 290mg 8%

* 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.

INGREDIENTS: JASMINE RICE: WATER, JASMINE RICE. FRIED RICE SAUCE: WATER, SOY SAUCE (WATER, SOYBEANS, WHEAT, SALT), OYSTER SAUCE (WATER, OYSTER JUICE EXTRACT, WHEAT, SALT), RICE WINE, GINGER, GARLIC, SESAME OIL, XANTHAN GUM, RED CHILI PEPPER, NATURAL VEGETABLE FLAVOR, SUGAR, CAYENNE PEPPER. FULLY COOKED CHICKEN STRIPS WITH GRILL MARKS: CHICKEN WHITE MEAT, WATER, CORN STARCH, SALT, SODIUM PHOSPHATE. EDAMAME BEANS (SOYBEANS), CARROTS, ONION, EGG. CONTAINS: SOY, OYSTER, EGG, WHEAT.

Distributed by ALDI Inc., Batavia, IL 60510



Best if Used By:



Chicken Fried Rice

Complete Skillet Meal



Savory Chicken Fried Rice featuring Jasmine Rice, Eggs, Vegetables, and Chicken in a Savory Asian Fried Rice Sauce

Take your senses to the orient & explore our range of Asian inspirations...tasty creations made with an exotic range of spices & ingredients.

Preparation Instructions:

CAUTION - This product will be hot. For food safety and quality, cook to a temperature of 165°F. Refrigerate leftovers promptly. Due to variation in equipment, cooking time and temperature may require adjustment.

Skillet Method: (Recommended)

Remove sauce packet and thaw under running water. Open thawed packet and pour sauce into a non-stick skillet and warm. Add contents of package into skillet, stir to coat rice, vegetables, and chicken. Cover and cook over medium-high heat for 8-10 minutes. Stir occasionally to blend ingredients. For best taste serve immediately.

Microwave:

Remove sauce packet and thaw under running water. Pour remaining contents of package into a microwave-safe dish. Open thawed sauce packet and pour over contents in a microwave safe-dish. Cover and microwave on high power for 5 minutes. Open and stir. Blend ingredients. Cover and microwave on high for an additional 4-5 minutes. For best taste serve immediately.

