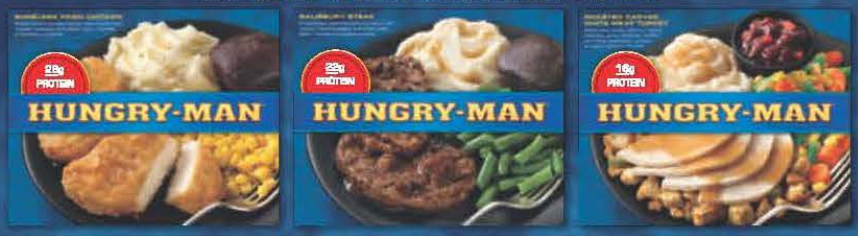
TRY THESE OTHER DELICIOUS VARIETIES



HUNGRY-MAN®

SATISFY YOUR CRAVING®

2028705

2028705

FOR FOOD SAFETY & QUALITY FOLLOW THESE INSTRUCTIONS. REFRIGERATED OR FROZEN UNTIL READY TO USE. DO NOT THAW. COOK THOROUGHLY.

KEEP PRODUCT REFRIGERATED OR FROZEN. TEMPERATURES MAY VARY. FOOD IS AT SAFE TEMP IF REMOVED BY A FOOD THERMOMETER WHEN IN CENTER. SERVE IMMEDIATELY AFTER COOKING.

Do not use in toaster oven.
Do not microwave bag.

Questions or Comments?
1-800-710-9556
www.hungry-man.com

17[illegible]

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CONVENTIONAL OVEN

1. Preheat oven to 400°F.
2. Remove film from chicken and discard. Place chicken on an ungreased baking sheet.
3. Place bag on [illegible] and bake for approximately 45 to 50 minutes.
4. Carefully remove bag from oven and let stand for 2 minutes before serving. Let [illegible] minutes. Stir potatoes.

MICROWAVE OVEN

1. Remove film from chicken. Place in a microwave-safe [illegible].
2. Microwave on HIGH for [illegible] minutes or until [illegible].
3. Stir potatoes and [illegible].
4. Let stand 1 minute before removing from oven. Stir potatoes.

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Nutrition Facts

Serving Size 1 package (432g)

Amount Per Serving	
Calories 710	Calories from Fat 220
	% Daily Value*
Total Fat 25g	40%
Saturated Fat 5g	26%
Cholesterol 50mg	17%
Sodium 1,480mg	62%
Total Carbohydrate 97g	32%
Dietary Fiber 7g	28%
Sugars 42g	
Protein 21g	
Vitamin A 10%	Vitamin C 6%
Calcium 15%	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
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: FRIED WHITE MEAT CHICKEN PATTIES (COOKED WHITE MEAT CHICKEN, WATER, BIO-ACCELERATED ENRICHED WHEAT FLOUR, SUGAR, YEAST, SALT, SOYBEAN OIL, ENRICHED WHEAT FLOUR [ENRICHED FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHITE CORN FLOUR, WHEY, MODIFIED CORN STARCH, SALT, LEAVENING [SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE], WHEAT GLUTEN, SOYBEAN OIL, [AS A PROCESSING AID], SPICE, MALTED BARLEY FLOUR, DEXTROSE, SUGAR, SOY PROTEIN CONCENTRATE, HYDROLYZED OAT PROTEIN, [OAT, SODIUM PHOSPHATES, MONOSODIUM GLUTAMATE, DEXTROSE, SPICE EXTRACT], BARLEY, DEHYDRATED POTATOES, DEHYDRATED POTATO FLAKES [POTATOES, WATER AND EMULSIFIERS], SODIUM ACID PYROPHOSPHATE, CITRIC ACID, [CONTAINS LESS THAN 2% OF: BAKED SEASONING [SALT, SUGAR, SPICE, GARLIC POWDER, ONION POWDER, HYDROLYZED YEAST, MALTODEXTRIN, MODIFIED CORN STARCH, CANOLA OIL, DEHYDRATED PARSLEY, SUNFLOWER OIL, LACTIC ACID, SPICES, NATURAL FLAVORS, CHILI], DRIED DAIRY BLEND [WHEY, SODIUM CASEINATE], MONOSODIUM GLUTAMATE, MODIFIED CORN STARCH, SUGAR, SALT, TOMATO PUREE [WATER, TOMATO PASTE], DISTILLED VINEGAR, WOLFBERRIES, CHILI [CHIPOTLE PEPPER, CONCENTRATED RED CHILI PEPPERS, CHIPOTLE PEPPERS, SALT AND FLAVORING], SHALLOTS, LOCUST BEAN GUM, XANTHAN GUM, MALTODEXTRIN, MODIFIED CORN STARCH, GARLIC, CELLULOSE GEL, CELLULOSE GUM, POTASSIUM CHLORIDE, ONION POWDER, GARLIC POWDER, SPICE, TURMERIC AND GUAR GUM], MAGNESIUM FLOUR, CARAMEL COLOR], CANOLA, APPLE CIDER VINEGAR, ONION, SUGAR, HYDROGENATED PALM, MODIFIED CORN STARCH, CORNSTARCH, APPLE JUICE CONCENTRATE, NATURAL AND ARTIFICIAL FLAVOR, SOLUBLE CORN FIBER, SALT, NATURAL FLAVOR [SOYBEAN AND ARTIFICIAL FLAVOR], CARAMEL COLOR, VANILLA EXTRACTIVES, SPICE, CITRIC ACID, SALT, DRIED EGG YOLKS, SOYBEAN OIL, [CONTAINS LESS THAN 2% OF: MODIFIED CORN STARCH, SUGAR, SALT, NONFAT MILK AND CHEDDAR CHEESE [CULTURED MILK, SALT, ENZYMES], BUTTERMILK SOLIDS, WHEY AND CHEESE POWDER, SOYBEAN OIL, SUGAR, NONFAT MILK, MODIFIED CORN STARCH, SALT, DRIED EGG YOLKS, SOYBEAN OIL, [CONTAINS LESS THAN 2% OF: MODIFIED CORN STARCH, SUGAR, SALT, NONFAT MILK AND CHEDDAR CHEESE [CULTURED MILK, SALT, ENZYMES], BUTTERMILK SOLIDS, WHEY AND CHEESE POWDER, SOYBEAN OIL, SUGAR, NONFAT MILK, MODIFIED CORN STARCH, SALT, DRIED EGG YOLKS, SOYBEAN OIL, [CONTAINS LESS THAN 2% OF: BAKED SEASONING [SALT, SUGAR, SPICE, GARLIC POWDER, ONION POWDER, HYDROLYZED YEAST, MALTODEXTRIN, MODIFIED CORN STARCH, CANOLA OIL, DEHYDRATED PARSLEY, SUNFLOWER OIL, LACTIC ACID, SPICES, NATURAL FLAVORS, CHILI], DRIED DAIRY BLEND [WHEY, SODIUM CASEINATE], MONOSODIUM GLUTAMATE, MODIFIED CORN STARCH, SUGAR, SALT, TOMATO PUREE [WATER, TOMATO PASTE], DISTILLED VINEGAR, WOLFBERRIES, CHILI [CHIPOTLE PEPPER, CONCENTRATED RED CHILI PEPPERS, CHIPOTLE PEPPERS, SALT AND FLAVORING], SHALLOTS, LOCUST BEAN GUM, XANTHAN GUM, MALTODEXTRIN, MODIFIED CORN STARCH, GARLIC, CELLULOSE GEL, CELLULOSE GUM, POTASSIUM CHLORIDE, ONION POWDER, GARLIC POWDER, SPICE, TURMERIC AND GUAR GUM], MAGNESIUM FLOUR, CARAMEL COLOR], CANOLA, APPLE CIDER VINEGAR, ONION, SUGAR, HYDROGENATED PALM, MODIFIED CORN STARCH, CORNSTARCH, APPLE JUICE CONCENTRATE, NATURAL AND ARTIFICIAL FLAVOR, SOLUBLE CORN FIBER, SALT, NATURAL FLAVOR [SOYBEAN AND ARTIFICIAL FLAVOR], CARAMEL COLOR, VANILLA EXTRACTIVES, SPICE, CITRIC ACID