



FAJITAS DE POLLO

Treat your family to a restaurant favorite, now at home. Our authentic Chicken Fajitas include grilled chicken breast and rib meat, seasoned onions, green & red bell peppers and fresh salsa made with a blend of serrano peppers, roasted tomatoes, onion, cilantro and chipotle adobado.

INGREDIENTS

Grilled Chicken breast with rib meat (with canola oil, pineapple juice concentrate, water, chipotle adobado (water, chipotle peppers, tomato paste, canola oil, cane sugar, salt, modified corn starch, distilled vinegar and spices), orange juice concentrate, salt, brown sugar, key lime juice from concentrate, garlic, and spice), Seasoned vegetables (with onions, green bell peppers, red bell peppers, canola oil, salt, spice, granulated garlic), Sauce (with roasted tomatoes, water, Serrano peppers, chipotle adobado (water, chipotle peppers, tomato paste, canola oil, cane sugar, salt, modified corn starch, distilled vinegar and spices), green onions, onion, salt, cilantro, granulated garlic).

NUTRITION FACTS

Serving Size: 5 oz (140g)

Amount per Serving

CALORIES 150

% Daily Value*

Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 640mg	28%
Total Carbohydrate 7g	3%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 1g Added Sugars	2%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 18mg	2%
Iron 1mg	6%
Potassium 305mg	6%

*The % Daily Value 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.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

GLUTEN FREE

CHICKEN USED RAISED WITHOUT ADDED HORMONES*

0g TRANS FAT PER SERVING

NO PRESERVATIVES

MILK FREE

14g OF PROTEIN PER SERVING

COOKING INSTRUCTIONS

STOVE TOP (Recommended Method)

1. Pre-heat medium size skillet over medium heat.
2. Empty chicken form pouch and spread evenly across skillet.
3. Add half of the sauce content to skillet (optional).
4. Cook for 4-6 minutes. Stir occasionally.
5. Empty vegetables from pouch and add to the skillet.
6. Add the rest of the sauce content (optional). Cook for an additional 2-4 or until a minimum of 165F is reached. Stir occasionally.
7. Let product sit for 1 minute. Enjoy!

MICROWAVE (Alternative Method)

1. Open chicken and vegetables pouch and empty contents in the microwave safe tray.
2. Open sauce pouch and evenly disperse sauce over vegetables and chicken (optional).
3. Cover tray with plastic wrap or microwave safe lid (not included). Microwave on high for 4 minutes.
4. Remove plastic wrap or lid and mix chicken, vegetables, and sauce.
5. Cover with plastic wrap or microwave safe lid (not included) and heat for an additional 4 minutes or until product is a minimum of 165F.
6. Let sit for 2 minutes. Carefully, uncover fajitas and enjoy.

Note: Microwave ovens vary in rates of heating. Times given are