



SHREDDED CHICKEN TACO KIT

Our convenient, ready-in-minutes Shredded Chicken Taco Kit follows our family recipe of using 100% chicken breast, fully cooked in its own juices with tomatoes, poblano chiles, onions, and jalapeños, seasoned lightly with a traditional blend of spices. Tortillas and fresh salsa are included.

0g
TRANS FAT
PER SERVING

**MILK
FREE**

**GLUTEN
FREE**

INGREDIENTS

SHREDDED CHICKEN: Shredded Chicken (with salt), Tomatoes, Poblano Chiles, Onions, Jalapeno pepper, Contains less than 2% of the following: Canola Oil, Salt, Granulated garlic, Black Pepper. **TORTILLA:** Ground Corn Flour (Cellulose and guar gum, enzymes, contains three of the following: Calcium Propionate, Phosphoric, Benzoic, Propionic, Sorbic and Fumaric acid (to preserve freshness)), Water, Salt, Trace of lime.

NUTRITION FACTS

Serving size: Chicken w/Vegetable 3oz (85g)
& 3 Tortillas (45g)

Amount per Serving	Shredded Chicken with Vegetables	With 3 Tortillas
CALORIES	90	160
	% Daily Value*	
Total Fat 2.5g	3%	3%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Cholesterol 30mg	10%	10%
Sodium 220mg	10%	10%
Total Carbohydrate 3g	1%	7%
Dietary Fiber 1g	4%	4%
Total Sugars 2g		
Includes 0g Added Sugars	0%	0%
Protein 13g		
Vitamin D 0mcg	0%	0%
Calcium 13mg	2%	2%
Iron 1mg	6%	6%
Potassium 185mg	4%	4%

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. % Daily Value

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

SALSA: Tomatillo, Chipotle adobado (Water, Chipotle peppers, Tomato paste, Canola Oil, Cane sugar, Salt, Modified corn starch, Distilled vinegar, and Spices), Jalapeno peppers (jalapeno peppers, water, vinegar, salt), Chili peppers, Salt, and Garlic powder.

NUTRITION FACTS

Serving Size: 2 Tbsp (35g)

Amount per Serving	
CALORIES	10
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 4mg	0%
Iron 0mg	0%
Potassium 73mg	2%

*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

COOKING INSTRUCTIONS

MICROWAVE

1. Remove sleeve. Set aside tortillas and salsa. Leaving the Shredded Chicken in the microwave safe tray, puncture pouch with 2 small holes and cover with a paper towel.
2. Heat on high for 3 to 3 1/2 minutes.
3. Empty contents into tray, stir and serve.
4. Place tortilla package in microwave and heat up on High for 30-45 seconds. Carefully remove plastic bag from tortillas.

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

STOVETOP

1. Remove sleeve. Set aside tortillas and salsa.
2. Pre-heat medium size skillet over medium heat.
3. Add half teaspoon of oil.
4. Empty Shredded Chicken from pouch and spread evenly across skillet.
5. Heat for 4-5 minutes or until temperature reaches 165F. Stir occasionally.
6. Pre-heat another skillet over medium heat, place one tortilla on hot skillet, let heat for about 5-10 seconds and flip.
7. Repeat until tortilla is hot or toasted to desired texture. Repeat for remaining tortillas.