



Pollo Deshebrado (Shredded Chicken)

NUTRITION FACTS	
SERVING SIZE 3.0 oz (85g)	
AMOUNT PER SERVING	
Calories 90	Calories from Fat 15
% daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	0%
Cholesterol 45mg	15%
Sodium 220mg	9%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 17g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%

* Percent Daily Values (DV) are based on a 2,000 calorie diet.



Ingredients: Shredded chicken breast meat with cooked out juices (chicken breast, water, onion, salt), Cultured dextrose, Salt, Garlic powder.

Method	Preparation Time		Heating Instructions
	Refrigerated	Frozen	
Microwave	4 Minutes	8 Minutes	Heat on high for 2 minutes. Rotate bag 1/2 turn. Puncture 4 small holes, cover with paper towel. Continue to heat for 2 more minutes until center is hot (6 minutes if frozen). Let bag stand for 2 minutes. Open bag carefully and empty contents into tray.
Heat in Bag	8 minutes	12 Minutes	Place bag in saucepan with enough water to completely cover bag. Boil 8 minutes (12 minutes if frozen). Remove bag from boiling water. Let the bag stand for 2 minutes. Open bag carefully and empty contents into serving tray.