



Chicken Barbacoa (Chicken Pot Roast)

NUTRITION FACTS

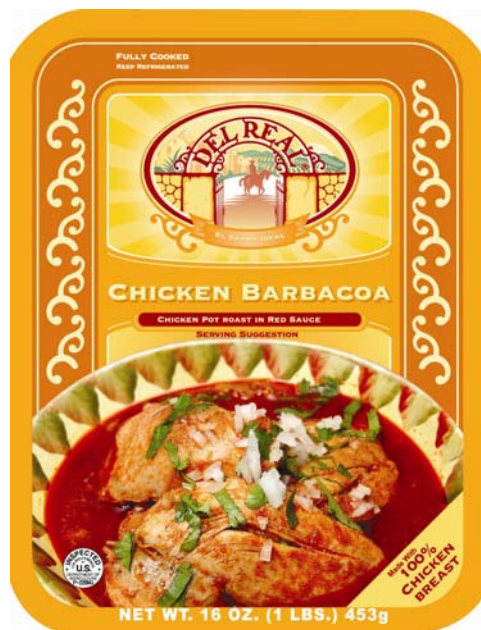
SERVING SIZE 5oz (142g)

AMOUNT PER SERVING

Calories 110 Calories from Fat 10
% daily Value*

Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 50mg	17%
Sodium 830mg	35%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 20g	
Vitamin A 10%	Vitamin C 6%
Calcium 2%	Iron 6%

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



Ingredients: Seasoned Chicken Breast Meat, (Water, Seasoning [Salt, Maltodextrin, Sodium Acetate, Sodium Carbonate, Sodium Citrate], Salt), Crushed tomatoes in puree (Crushed tomatoes, tomato puree, salt, citric acid, calcium chloride), Water, Seasoning (Chili Pepper, Garlic, Salt, Red Pepper, Spices, Ethoxyquin), Natural Apple Cider Vinegar, Salt, Onion.

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