



## Pork Chile Verde

<b>NUTRITION FACTS</b>	
SERVING SIZE 5 oz (142g)	
AMOUNT PER SERVING	
Calories 155	Calories from Fat 41
% daily Value*	
<b>Total Fat 5g</b>	8%
Saturated Fat 2g	10%
Trans Fat 0g	
<b>Cholesterol 65mg</b>	22%
<b>Sodium 580 mg</b>	24%
<b>Total Carbohydrate 3g</b>	1%
Dietary Fiber 1g	4%
Sugars 2g	
<b>Protein 27g</b>	
<b>Vitamin A 2%</b>	<b>Vitamin C 15%</b>
<b>Calcium 2%</b>	<b>Iron 6%</b>
* Percent Daily Values (DV) are based on a 2,000	



**Ingredients:** Pork, Tomatillo, Water, Chili Pepper, Salt, Garlic.

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.