

White Meat Chicken Dices

Nutrition Facts

about 15 servings per container
Serving size 1/2 cup (30g) dry
 (about 1/2 cup prepared)

Amount per serving
Calories **150**

	% Daily Value*
Total Fat 5g	6%
Saturated Fat 1.5g	8%
<i>Trans</i> Fat 0g	
Cholesterol 70mg	23%
Sodium 90mg	4%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 25g	
Vitamin D 0mcg	0%
Calcium 9mg	0%
Iron 1mg	6%
Potassium 296mg	6%

*The % Daily Value (DV) 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.

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INGREDIENTS: Cooked freeze-dried white meat chicken dices.

TO REHYDRATE:

1. Remove oxygen absorber and discard.
2. Cover desired amount of Cooked Freeze-Dried White Meat Chicken Dices with boiling water.
3. Let stand 5 minutes.
4. Drain off excess water and use as you would regular cooked chicken

Enjoy in your favorite entrées, meat pies, stews, soups, sandwiches and more.

2 1/2 cups of rehydrated chicken dices equals approximately one pound of fresh chicken.