

**SPARE
TIME®**



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Fully Cooked, Grilled and Glazed, Chicken Breast Fillets

With Rib Meat

INGREDIENTS: Chicken breast with rib meat, water, seasoning (maltodextrin, sea salt, dextrose, onion powder, garlic powder, yeast extract, soy sauce powder [soy sauce, [wheat soybeans, salt], maltodextrin, salt], gum arabic, natural mesquite smoke flavor, grill flavor [from sunflower oil], modified corn starch, lactic acid), modified food starch, sodium phosphates.

GLAZED WITH: Water, maltodextrin, sea salt, modified corn starch, dextrose, sugar, natural mesquite smoke flavor, caramel color, xanthan gum.

CONTAINS: SOY, WHEAT

PREPARATION: Appliances vary. Adjust accordingly.

CONVENTIONAL OVEN: Preheat oven to 375°F. Place frozen fillets on a baking sheet sprayed with non-stick cooking spray. Heat for 18 to 20 minutes. Let stand 1 to 2 minutes before serving.

MICROWAVE OVEN: Arrange 3 frozen fillets on a microwave safe plate. Heat, uncovered, at 60% power for 4 1/2 to 5 minutes or until warm, rotating dish halfway through heating time. Do not overheat. Let stand 1 to 2 minutes before serving.



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KEEP FROZEN

Nutrition Facts

Serving Size: 1 PIECE (98g)
Servings Per Container: About 91

Amount Per Serving

Calories 110 Calories from Fat 10

% Daily Value*

Total Fat 1.5g	2%
Saturated Fat 0g	0%
Cholesterol 60mg	20%
Sodium 230mg	10%
Total Carbohydrate 1g	0%
Protein 24g	48%

Iron 4%

Not a significant source of dietary fiber, sugars, vitamin A, vitamin C, and calcium.

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

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