



NATURALS

Braised Chicken

Shredded Dark Meat Chicken in a Mole Sauce Over Steamed White Rice & Sliced Plantains Drizzled with a Crema Sauce



NATURALS

KEEP FROZEN

100% BPA FREE PACKAGING

Nutrition Facts

Serving Size 1 Plate (312g)

Amount Per Serving

Calories 450 Calories from Fat 110

% Daily Value*

Total Fat 13g 20%

Saturated Fat 4g 20%

Trans Fat 0g

Cholesterol 75mg 25%

Sodium 590mg 25%

Total Carbohydrate 63g 21%

Dietary Fiber 3g 12%

Sugars 23g

Protein 19g

Vitamin A 25% • Vitamin C 4%

Calcium 2% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Rice (Water, Long Grain White Rice), Plantains (Plantains, Palm Oil), Shredded Chicken (Chicken Thigh Meat, Salt, Natural Flavorings), Water, Sour Cream (Cultured Cream, Enzyme), Heavy Cream, Onion, Carrots, Red Peppers, Potato Starch, Garlic Puree, Beef Base (Beef Stock, Yeast Extract, Beef Fat, Salt, Natural Flavor, Potato Starch, Onion Powder), Raisins, Honey, Extra Virgin Olive Oil, Sun-Dried Tomatoes (Tomatoes, Salt), Chipotle Peppers in Adobo Sauce (Red Jalapeño Peppers, Water, Vinegar, Sugar, Salt, Tomato Paste, Smoke Essence, Onion, Xanthan Gum, Garlic), Salt, Cocoa Powder, Spices, Coffee, Dark Chili Powder Blend (Chili Powder, Salt, Cumin, Garlic, Oregano), Onion Powder.
Contains: Milk



CHEF CRAFTED. RESTAURANT QUALITY. ALL NATURAL.*

Delivering delicious, restaurant-quality meals begins by hand-crafting each plate with quality all natural ingredients from recipes developed by chefs who embody a passion for making great food. Nothing artificial here.*

*NO ARTIFICIAL INGREDIENTS. MINIMALLY PROCESSED

HEATING INSTRUCTIONS: MICROWAVE (ONLY)

DO NOT PIERCE OR REMOVE OUTER PLASTIC WRAP.

FROM FROZEN:



DEF
Defrost then Heat High



or until internal temperature reaches 165°F.

FROM THAWED:



Heat High or until internal temperature reaches 165°F.

Before

After



IT IS NORMAL FOR FILM TO BALLOON.

CONTENTS WILL BE HOT. After heating let plate stand for 1 minute. Carefully peel using the pull tab or cut film from plate.

NOTE: Instructions are based on a 1000 watt microwave oven. Heating times may vary. Denser products may require additional heating time.

Microwave Only. Product is not ovenable.

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