



# NATURALS

## Chicken Piccata

Chicken Breast in a Lemon Caper Sauce with Steamed Wild Rice Blend, Petite Green Beans & Red Peppers



### NATURALS

KEEP FROZEN

100% BPA FREE PACKAGING



### Nutrition Facts

Serving Size 1 Meal (298g)  
Servings Per Container 1

Amount Per Serving

Calories 290    Calories from Fat 70

% Daily Value\*

Total Fat 8g    12%

Saturated Fat 3g    15%

Trans Fat 0g

Cholesterol 80mg    27%

Sodium 470mg    20%

Total Carbohydrate 29g    10%

Dietary Fiber 2g    8%

Sugars 3g

Protein 24g

Vitamin A 15%    • Vitamin C 20%

Calcium 4%    • Iron 6%

\*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

**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:



Defrost then Heat High



or until internal temperature reaches 165°F.

FROM THAWED:



Heat High or until internal temperature reaches 165°F.

Before

After

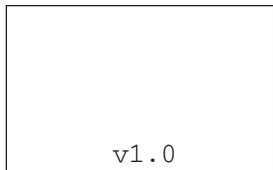


IT IS NORMAL FOR FILM TO BALLOON.

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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