Freeze Dried White Meat Chicken

Nutrition Facts

Serving Size: 1/2 Cup (30g) Dry Servings Per Container: 15

Amount Per S	erving			
Calories 1	50 C	alor	ies from F	at 45 ⁻
			% Dail	y Value*
Total Fat 5g				8%
Saturated Fat 1.5g				8%
Trans Fa	t Og			
Cholesterol 70mg				23%
Sodium 90mg				4%
Total Carbohydrate Og				0%
Dietary Fiber Og				0%
Sugars C)g			
Protein 25	ig			
Vitamin A	0%	•	Vitamin C	0%
Calcium	0%	•	Iron	4%
*Percent Dail calorie diet. N lower depend	′our dai	ly val	ues may be h	nigher or
	Cal	ories	2,000	2,500
			1117	0-09151

¹¹¹⁷⁰⁻⁰⁹¹⁵¹⁷

TO REHYDRATE:

- 1. Remove oxygen absorber and discard.
- 2. Cover Freeze Dried Chicken with boiling water.
- 3. Let stand 5 minutes.
- 4. Drain excess water and use as you would regular cooked chicken.

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

2 1/2 cups dry chicken + 2 cups water = approx. 1 pound fresh chicken.

INGREDIENTS: Freeze dried cooked chicken dices.