

Grilled Chicken Pad Thai

Directions:

1. Open pouch and remove oxygen absorber.
2. Prepare in pouch or other suitable container.
3. Add 1 1/2 cups (12 oz) boiling water to ingredients or fold / crease & fill pouch to "E-Z Fill Line" 6.
4. Stir thoroughly then seal pouch or cover.
5. Let stand 10 - 12 minutes; stir again & serve.

Ingredients: Instant Wide Ribbon (Durum Wheat Flour, Niacin, Ferrous Sulfate (iron), Thiamin Mononitrate, Riboflavin, Folic Acid), IP Spray Dried Honey (Maltodextrin, Honey and Silicon Dioxide), Cooked Seasoned Grilled Diced Chicken White Meat Freeze Dried (Chicken, Salt), Soy Sauce [(Wheat Soybeans, Salt) Maltodextrin, Salt], Bell Pepper Red & Green Combo, Potato Starch, Coconut Milk Powder (Coconut Milk, Maltodextrin, Sodium Caseinate), Peanut Flour (Peanut Flour, Defatted Peanut Flour, Peanuts, Roasted Peanuts, Roasted Peanut Flour, Defatted Peanuts), White Onion, Garlic Granulated, Champignon Mushrooms, Molasses Dark (Cane Sugar, Cane Molasses, Cane Caramel), Garlic Minced, Ginger, Shallots, White Onion, Sea Salt, Cilantro, Monterey Chili Powder (Chili Pepper, Spices, Salt, Garlic), Crystallized Lime [Citric Acid, Natural Lime Flavor (maltodextrin, sugar, lime oil, lime juice concentrate, sunflower lecithin, gum arabic, silicon dioxide)], Red Pepper Crushed, Green Onion, Green Chile Pepper, Natural Flavor (Baker's Yeast Extract, Salt, Canola Oil).

Contains: Soy, Wheat, Milk, Peanut, Tree Nuts (Coconut).

Nutrition Facts

2 servings per container

Serving size

1/2 package (70.5g)

	Per Serving		Per Container	
Calories	270		530	
	% Daily Value*		% Daily Value*	
Total Fat	4g	5%	8g	10%
Saturated Fat	2g	10%	3.5g	18%
Trans Fat	0g		0g	
Cholesterol	15mg	5%	25mg	8%
Sodium	760mg	33%	1510mg	66%
Total Carbohydrate	46g	17%	93g	34%
Dietary Fiber	1g	4%	2g	7%
Total Sugars	8g		16g	
Includes Added Sugars	3g	6%	6g	12%
Protein	12g		25g	
Vitamin D	5mcg	25%	9mcg	45%
Calcium	39mg	4%	78mg	6%
Iron	2mg	10%	3mg	15%
Potassium	529mg	10%	1059mg	25%

*The % Daily Value 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.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



0g TRANS FAT
PER SERVING

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Contains Bioengineered Food Ingredients
800.755.6701 info@alpineaire.com www.alpineaire.com
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