

Chilaquiles Verdes with Carnitas

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: Precooked Scrambled Egg Curds Freeze Dried (Whole Eggs, Corn Starch, Salt, Citric Acid, Xanthan Gum), Black Beans, Freeze Dried Pulled Pork (Pork, Natural Flavors, Salt), Stone Ground Tortilla Chips (Whole Grain Corn Masa Flour, Vegetable Oil [May contain one or more of the following, High Oleic Safflower, High Oleic Sunflower, Corn or Cottonseed Oil], Salt and a Trace of Lime), Monterey Jack Cheese FD Shredded (Pasteurized Milk, Salt, Enzymes, Potato Starch added to prevent caking), Sweet Corn, Chicken Flavor Broth Low Sodium [Maltodextrin, Salt, Torula Yeast, Dehydrated Vegetables (Onion, Celery, Parsley, Spinach, Garlic, Carrot), Potato Flour, Xanthan Gum, Spices, Extractives of Spice (including Turmeric and Paprika), Soy Lecithin. Not more than 2% Soybean Oil added as a processing aid], Garlic Granulated, Red Onion, Green Chile Pepper, White Onion, Sea Salt, Seasoning [Contains Baker's Yeast Extract, Salt, Canola Oil (anti-dusting)], Monterey Chili Powder (Chili Pepper, Spices, Salt, Garlic), Jalapeno, Cilantro.

Contains: Egg, Milk, Soy.

AlpineAire Foods 130 Cyber Ct. Rocklin, CA. 95765
 Contains Bioengineered Food Ingredients
 800.755.6701 info@alpineaire.com www.alpineaire.com
 Like us on Facebook: www.facebook.com/AlpineAireFoods

Nutrition Facts

2 servings per container

Serving size

1/2 package (61g)

	Per Serving		Per Container	
	290		570	
	% Daily Value*		% Daily Value*	
Calories				
Total Fat	13g	17%	26g	33%
Saturated Fat	4.5g	23%	9g	45%
Trans Fat	0g		0g	
Cholesterol	240mg	80%	480mg	160%
Sodium	810mg	35%	1630mg	71%
Total Carbohydrate	23g	8%	46g	17%
Dietary Fiber	3g	11%	6g	24%
Total Sugars	4g		7g	
Includes Added Sugars	0g	0%	0g	0%
Protein	19g		39g	
Vitamin D	1mcg	6%	3mcg	15%
Calcium	82mg	6%	164mg	15%
Iron	3mg	15%	5mg	30%
Potassium	726mg	15%	1453mg	30%

*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



GLUTEN FREE

