



**Kickin' Kater LLC**

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Licensed by PA Dept of Ag.



# Ham Balls & Gourmet Potatoes Micro-Duo Meal

## Heating Instructions & Meal Ingredient Listing

**Heating Time:** for best results, thaw completely. Product is fully cooked, treat as if reheating leftovers.

Microwave for 1 minute 30 seconds. Stir or rotate. Microwave for another 1 minute, or until desired temperature reached

**Once product is thawed, use within 7 days or discard**

**Suggested use within 6 months of Freeze By Date**

**Contains: Wheat, Milk, Eggs, Soy, Mustard**

**Ham Ball Ingredients:** Ground Pork, Cured Ham, Milk, Eggs, Crackers, Salt, Spices, PAM Cooking Spray (to prevent sticking) [canola oil\*, coconut oil\*, palm oil\*, soy lecithin (prevents sticking), dimethyl silicone (anti foaming agent)]

**Glaze Ingredients:** Brown Sugar (cane sugar, cane molasses) Water, Vinegar (apple cider vinegar, filtered water), Mustard (distilled vinegar, water, #1 grade mustard seed, salt, tumeric, paprika, spice, natural flavor, garlic powder)

**Gourmet Potato Ingredients:** potatoes, whole or 2% milk (milk, vitamin D3 and may contain vitamin A palmitate), sour cream [cultured pasteurized light cream and nonfat milk, enzymes], cream cheese [pasteurized milk and cream, cheese culture, salt, guar gum, carob bean gum, xanthan gum], butter [pasteurized cream, salt], dried chives, salt, paprika, garlic salt, white pepper

**Processed in facilities that process wheat, egg, milk, soy, tree nuts & peanuts**