



Kickin' Kater LLC

16 Glenlew Drive,  
Lewistown, PA 17044

717.437.5949

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# Stuffed Chicken Breast & 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, Celery, Mustard, Soy**

**Stuffed Chicken Breast Ingredients:** chicken breast, homemade filling (Bread Cubes [occident flour (wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), malted barley flour, potassium bromate), water, sugar, lard (rendered pork fat), instant yeast (yeast, sorbitan monostearate, ascorbic acid), vegetable shortening [palm oil], salt, calcium propionate [preservative], grain vinegar, datem, soy lecithin], Butter [pasteurized cream, salt], Celery, Butter Blend [vegetable oil blend (palm oil and soybean oil), water, butter (cream, salt), contains less than 2% of salt, nonfat dry milk, natural & artificial flavors, potassium sorbate (a preservative), soy lecithin, vitamin A palmitate added, beta carotene (color)], Onion, Parsley, Poultry Seasoning (sea salt, coriander, oregano, sage, black pepper, thyme, celery seed, cumin, mustard seed, canola oil, tumeric, ascorbic acid (preservative), natural flavors), Chicken Base (salt, corn syrup solids, chicken fat (chicken fat, bha, propyl gallate, citric acid), yeast extract, palm oil, chicken meat powder, onion powder, turmeric, parsley, spice extractives (including turmeric)), Salt, Pepper) **Chicken Gravy** (roast chicken broth, chicken broth [chicken broth, contains less than 2% of: sea salt, natural flavors, yeast extract, chicken fat, carrot juice concentrate, onion juice concentrate, celery juice concentrate], clearjel [100% food starch-modified, derived from waxy maize], chicken base [salt, corn syrup solids, chicken fat (chicken fat, bha, propyl gallate, citric acid), yeast extract, palm oil, chicken meat powder, onion powder, turmeric, parsley, spice extractives (including turmeric)], salt, pepper) **Parsley, PAM cooking spray** (to prevent sticking) [canola oil\*, coconut oil\*, palm oil\*, soy lecithin (prevents sticking), dimethyl silicone (anti foaming agent)]

**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**