

CRISPY FRENCH ONION CHICKEN WITH CORN MEDLEY



Place pouch in the refrigerator to thaw for dinner this week.
Medium: Serves 2 to 3. Time to Table: 25–30 minutes.

CHICKEN

1. Preheat oven to 350°F. Spray baking sheet with non-stick cooking spray.
2. Melt butter mixture in small sauce pan, heat on medium until warmed through. Remove from heat.
3. Place half of French fried onions in 3 piles on the baking sheet.
4. Using tongs, dip each piece of chicken in butter mixture, lay chicken on top of onions. Top with remaining French fried onions.
5. Bake, uncovered, for 20–25 min. (internal temp 165°F).

CORN MEDLEY:

1. Heat non-stick skillet over med heat. Add butter blend and corn to pan.
2. Sauté 4–5 minutes and serve.



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Nutrition Facts	
Serving Size 1 chicken breast & 2/3 cup corn (277g)	
Servings Per Container 3	
Amount Per Serving	
Calories 340	Calories from Fat 150
% Daily Value*	
Total Fat 17g	26%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 370mg	15%
Total Carbohydrate 25g	8%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 24g	
Vitamin A 10%	• Vitamin C 15%
Calcium 2%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS

Crispy French Onion Chicken: Chicken Breast (Boneless, Skinless Chicken Breast Filets With Rib Meat Containing: Up to 15% of a solution of water and sea salt), French Fried Onions (Partially Hydrogenated Vegetable Oil (Soybean, Cottonseed), Wheat Flour, Onions, Soy Flour, Dextrose, Salt, TBHQ and Citric Acid in Propylene Glycol [to protect flavor]), Worcestershire Sauce (Distilled White Vinegar, Molasses, Water, Sugar, Onions, Anchovies, Salt, Garlic, Cloves, Tamarind Extract, Natural Flavorings, Chili Pepper Extract), Unsalted Butter, Extra Virgin Olive Oil, Chopped Garlic (Garlic, Water and Citric Acid. Contains: Naturally Occurring Sulfites), Dry Ground Mustard.

Corn Medley: Corn, Unsalted Butter, Diced Red Peppers (Bell pepper, water and citric acid), Green Onion, Lime Juice From Concentrate (Water, Concentrated Lime Juice, Sodium Benzoate [preservative], Lime Oil, Sodium Metabisulfite [preservative]), Chopped Garlic (Garlic, Water, Contains Less Than 1% Phosphoric Acid and Sodium Benzoate), Kosher Salt, Basil, Black Pepper.

Contains: Wheat, Soy, Milk, Fish (Anchovies)

PERISHABLE: For food safety and quality follow these instructions carefully: Keep refrigerated or frozen. Cook thoroughly. Check product temperature. Internal temperature must reach at least 165°F as measured by a food thermometer taken in several spots. Promptly refrigerate any leftovers. Our Table disclaims all liability in the event food safety instructions are not followed or the meal is not prepared in accordance with the enclosed cooking instructions.

Nutritional information is per serving unless otherwise stated and are based on standard formulations: variations may occur due to manufacture/supplier alterations and individual assembly and preparation.

NET WT 28 OZ (1 LB 12 OZ) 831g