

HONEY GARLIC ORANGE CHICKEN WITH OVEN ROASTED BROCCOLI & RICE



Place pouch in the refrigerator to thaw for dinner this week.
Large: Serves 5 to 6. Time to Table: 20–25 minutes.

RICE

1. In sauce pan, add rice and 2 1/4 cups water. Bring to boil.
2. Stir once, cover and cook on low heat for 20-25 min.
3. Fluff with fork.

CHICKEN

1. Heat medium frying pan over med heat with 1/2 Tbsp. olive oil; brown chicken 3-5 min. per side (or grill on med-high).
2. Add sauce, cover and simmer 3 min. to glaze chicken (internal temp. 165°F) or baste with glaze while grilling.

BROCCOLI

1. Preheat oven to 425 °F.
2. Place broccoli on sprayed, foil lined baking pan.
3. Roast broccoli for 5-8 min., remove from oven, shake the pan to toss, cook 7-9 more min. until brown and crisp.



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Nutrition Facts	
Serving Size 1 breast & sauce, 5-6 broccoli florets, 1/2 cup prepared rice	
Packaged wt (340g)	
Servings Per Container 6	
Amount Per Serving	
Calories 390	Calories from Fat 60
	% Daily Value*
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 720mg	30%
Total Carbohydrate 50g	17%
Dietary Fiber 4g	16%
Sugars 17g	
Protein 28g	
Vitamin A 2%	• Vitamin C 90%
Calcium 4%	• Iron 8%
*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:

Honey Garlic Orange Chicken: Chicken Breast (Boneless, Skinless Chicken Breast Filets With Rib Meat Containing: Up to 15% of a solution of water and sea salt), Chili Sauce (Tomato Concentrate [Water, Tomato Paste], High Fructose Corn Syrup, Distilled Vinegar, Salt, Corn Syrup, Dehydrated Onions, Spice, Natural Flavors), Orange Marmalade (High Fructose Corn Syrup, Corn Syrup, Orange Peel, Orange Juice (water and Orange Juice Concentrate), Fruit Pectin, Citric Acid and Natural Orange Flavor), Honey, Apple Cider Vinegar, Chopped Garlic (Garlic, Water and Citric Acid. Contains: Naturally Occurring Sulfites), Chicken Soup Base (Roasted Chicken and Chicken Juices, Salt, Sugar, Maltodextrin, Chicken Fat, Dehydrated Onion, Citric Acid, Turmeric, Natural Flavorings), Turmeric, Black Pepper.

Oven Roasted Broccoli: Broccoli Florets, Extra Virgin Olive Oil, Chopped Garlic (Garlic, Water and Citric Acid. Contains: Naturally Occurring Sulfites), Kosher Salt, Dehydrated Garlic, Black Pepper, Herbs de Provence.

Rice: Long Grain Jasmine Rice.

This entrée does not contain allergens.

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 72 OZ (4 LB 8 OZ) 2040g