



15
SERVINGS



SHELF LIFE UP TO
25 YEARS

Shelf Life: Best when stored in a cool dry place at temperatures between 55° and 70° F (ideal humidity 15%).

Shelf life estimates are based on industry studies from sources deemed reputable. Since Augason Farms has no control over individual storage practices, they must disclaim any liability or warranty for particular results.

FOOD STORAGE
EMERGENCY
EVERYDAY FOOD

Freeze Dried Chicken Breast Chunks

Nutrition Facts

Serving Size: 1/2 Cup (30g dry)
Servings Per Container: 15

| Amount Per Serving | |
|--|-----------------------------|
| Calories 140 | Calories from Fat 10 |
| % Daily Value* | |
| Total Fat 1g | 2% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 60mg | 19% |
| Sodium 35mg | 1% |
| Total Carbohydrate 0g | 0% |
| Dietary Fiber 0g | 0% |
| Sugars 0g | |
| Protein 27g | |
| Vitamin A 0% | Vitamin C 0% |
| Calcium 6% | 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 |
| Sat Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300mg |
| Sodium | Less than 2400mg 2400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: Fat 9 Carbs 4 Protein 4 | |

DIRECTIONS:

Yield: 1/2 cup chicken chunks with flavor, taste, and color of fresh cooked chicken.

1. Mix 1/2 cup chicken chunks to 1/2 cup of water.
2. Let stand one minute.
3. Drain off excess water and use as you would regular cooked chicken.
4. Serve.

Use in meat pies, stews, soups, sandwiches, etc.

2 1/2 cups dry chicken + 2 cups water = approx. 1 pound fresh chicken.

Refrigerate after opening.

INGREDIENTS: Freeze dried cooked chicken breast chunks.

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