



EASY TO PREPARE
JUST ADD BOILING WATER

READY-MADE GOURMET OUTDOOR MEALS



Serving Suggestion

TERIYAKI CHICKEN AND RICE

Chicken in Teriyaki Sauce with Rice, Textured Vegetable Protein, Carrots and Sweet Peppers.

• MAKES | **2** | SERVINGS •

Great for camping, backpacking, hunting, fishing or long-term food storage.



NET WT. 6 OZ (170g)





READY-MADE COURSE • OUTDOOR MEALS

TERIYAKI CHICKEN AND RICE

COOKING DIRECTIONS

1. Open package at tear notch and remove oxygen absorber from the pouch.
2. Add 2 cups (16 oz.) of boiling water to pouch and place on a flat surface.
3. Stir thoroughly with a long spoon and close zipper.
4. Let stand for 12 to 15 minutes. Hot steam inside: use caution when opening pouch.
5. Open pouch—stir and eat.



For higher elevations, increase stand time in the pouch before serving.

INGREDIENTS: Rice, Freeze Dried Chicken, Non Dairy Creamer (partially hydrogenated soybean oil, corn syrup solids, sodium caseinate [a milk derivative], mono and diglycerides, sodium citrate, salt, dipotassium phosphate, carrageenan, natural flavor), Sweet Whey, Textured Vegetable Protein (soy flour), Brown Sugar, Sugar, Teriyaki Sauce Powder ([soy sauce (wheat, soybeans, salt), white vinegar, salt, onion powder, spice extractives, succinic acid, garlic powder], maltodextrin, sugar, salt), Dried Carrots, Hydrolyzed Soy Protein, Dried Red and Green Bell Peppers, Dried Soy Sauce (wheat, soybeans, salt), Guar Gum, Salt, Dried Ginger, Yeast Extract, Caramel Color, Xanthan Gum, Natural and Artificial Flavor, Oleoresin Onion and Garlic, Disodium Inosinate and Disodium Guanylate, Spice.

CONTAINS: MILK, SOY, WHEAT

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WARNING: Hot steam inside.
Use caution when opening pouch.

Nutrition Facts

Serving Size: 1/2 Package (85g)
Servings Per Container 2

Amount Per Serving

Calories 330 Calories from Fat 45

% Daily Value*

Total Fat 5g 8%

Saturated Fat 1g 5%

Trans Fat 1.5g

Cholesterol 20mg 7%

Sodium 1000mg 42%

Total Carbohydrate 54g 18%

Dietary Fiber 3g 12%

Sugars 15g

Protein 17g

Vitamin A 35% • Vitamin C 50%

Calcium 8% • 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



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