

7.4960" Repeat

0.375 Seal

6.7460" ID

0.375 Seal

0.8" x 0.25" Eyespot

0.55"

0.5" to Tear Notch

0.0625" (1/16) Clear (No Print) on both side

BACK

K Seal

K Seal

FRONT

0.5" to Tear Notch

0.25" Bleed

1.5" Header

Tear Notch

Zipper

0.25" above the zipper

5.75" Compartment

Fold Line

3" Gusset

Fold Line

5.75" Compartment

Zipper

Tear Notch

1.5" Header

0.25" Bleed



4Patriots

**Instant Independence
Make-in-Pouch Survival Meals**

Loaded Chicken Stew

Tender Chicken with Savory Potatoes in Gravy

NET WT. 3.8 oz. (110g)
Makes 2 Servings



Nutrition Facts
2 servings per container
Serving size 1 1/2 cup dry mix (56g)

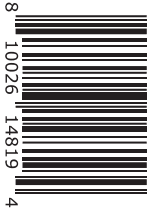
| | | |
|---------------------------|------------|---------------|
| Calories | 210 | 420 |
| | 1 Serving | Total Package |
| Total Fat | 7g | 13g |
| | 9% | 17% |
| Saturated Fat | 4g | 8g |
| | 20% | 40% |
| Trans Fat | 0g | 0g |
| Cholesterol | 30mg | 55mg |
| | 10% | 18% |
| Sodium | 770mg | 1530mg |
| | 33% | 67% |
| Total Carbohydrate | 29g | 58g |
| | 11% | 21% |
| Dietary Fiber | 4g | 4g |
| | 7% | 14% |
| Total Sugars | 5g | 10g |
| Incl. Added Sugars | 0g | 0g |
| | 0% | 0% |
| Protein | 9g | 18g |
| | 18% | 36% |
| Vitamin D | 0.1mcg | 0.2mcg |
| | 0% | 2% |
| Calcium | 180mg | 350mg |
| | 15% | 25% |
| Iron | 1.2mg | 2.4mg |
| | 6% | 15% |
| Potassium | 630mg | 1260mg |
| | 15% | 25% |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram: Fat 9, Carbohydrate 4, Protein 4

Ingredients: Potato Flakes (Potatoes, Mono and Diglycerides, Sodium Acid Pyrophosphate, Sodium Bisulfite, Citric Acid, BHA, Sodium Hexafluorophosphate, Sodium Phosphate, Sodium Chloride, Cheddar Cheese (pasteurized milk, salt, cheese culture, enzymes), Salt, Lactic Acid, Natural Flavors, Potato, Sour Cream Powder (Cultured Cream (Cream, Nonfat Milk, Culture, Enzymes) Salt, Lactic Acid, Vitamin E and Vitamin C), Butter Powder (Butter (Cream, Salt), Nonfat Dry Milk, Natural Vitamin E and Vitamin C Ester (added to preserve freshness)), Onion, Iodized Salt, Parsley, Black Pepper

Contains: Milk



American Owned. Handpacked in USA.

Distributed by 4Patriots, LLC.
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Nashville, TN 37204

4Patriots.com | (800) 304-4202

To Prepare:

- 1 Open pouch, remove oxygen absorber.
- 2 Pour 2 cups boiling water into pouch & mix.
Caution: Pouch will be hot.
- 3 Seal pouch & let rest for 1.5-2.0 minutes.
- 4 Enjoy your warm, delicious meal!

**Ready to Eat in Minutes –
Just Add Hot Water**

Premium taste and ultimate convenience in emergency or outdoor situations. Lightweight, gently dehydrated food cooks right in the pouch. Delicious and designed to last about 5 years.