

Instant Independence Make-in-Pouch Survival Meals

Loaded Chicken Stew

Tender Chicken with Savory Potatoes in Gravy

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 15-20 minutes.
- 4 Enjoy your warm, delicious meal!

Nutrition Facts				
2 servings per container				
Serving size		1/2 cup dry mix (55g)		
	1 Serving	Total Package		
Calories	210	420		
	% DV*	% DV*		
Total Fat	7g 9%	13g	17%	
Saturated Fat	4g 20%	8g	40%	
Trans Fat	0g	0g		
Cholesterol	30mg 10%	55mg	18%	
Sodium	770mg 33%	1530mg	67%	
Total Carbohydrate	29g 11%	58g	21%	
Dietary Fiber	2g 7%	4g	14%	
Total Sugars	5g	10g		
Incl. Added Sugars	0g 0%	0g	0%	
Protein	9g	18g		
Vitamin D	0.1mcg 0%	0.2mcg	2%	
Calcium	180mg 15%	350mg	25%	
Iron	1.2mg 6%	2.4mg	15%	
Potassium	630mg 15%	1260mg	25%	

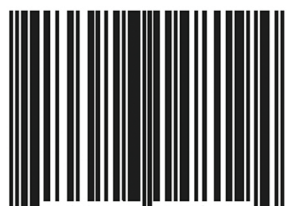
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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

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Ingredients: Potato Flakes (Potatoes, Mono and Diglycerides, Sodium Acid Pyrophosphate, Sodium Bisulfite, Citric Acid, BHA), Cooked Freeze-Dried White Meat Chicken Dices, Nonfat Dry Milk, Cheddar Cheese (pasteurized milk, salt, cheese cultures, 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



Distributed by 4Patriots, LLC
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NET WT. 3.8 oz. (110g)

Makes 2 Servings