

**TRADER
JOE'S®**

Chicken, Lentil & Caramelized Onion Pilaf

WITH SAFFRON
BASMATI RICE,
DARK CHICKEN
MEAT, DATES &
GOLDEN RAISINS



Keep
Frozen

Heat & Serve

NET WT.
14 OZ (397g)

serving
suggestion

Nutrition Facts

about 2.5 servings per container

Serving size 1 1/2 cup frozen
(176g makes 1 cup heated)

Calories	Per serving		Per container	
	320	% DV*	720	% DV*
Total Fat	6g	8%	14g	18%
Saturated Fat	4g	20%	8g	40%
Trans Fat	0g		0g	
Cholesterol	40mg	13%	85mg	28%
Sodium	380mg	17%	870mg	38%
Total Carb.	53g	19%	120g	44%
Dietary Fiber	12g	43%	28g	100%
Total Sugars	14g		32g	
Incl. Added Sugars	0g	0%	0g	0%
Protein	13g		29g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	40mg	4%	90mg	6%
Iron	1.7mg	10%	3.8mg	20%
Potassium	370mg	8%	840mg	20%

* 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.

INGREDIENTS: COOKED RICE (BASMATI RICE, WATER), COOKED GREEN LENTILS (GREEN LENTILS, WATER), COOKED DARK MEAT CHICKEN (BONELESS SKINLESS CHICKEN THIGH, WATER), GOLDEN RAISINS (GOLDEN RAISINS, SUNFLOWER OIL, SULFUR DIOXIDE [TO PRESERVE]), DICED ONION, DATES, SEA SALT, BLACK PEPPER, CANOLA OIL, GROUND CINNAMON, CUMIN, SAFFRON.

DIST. & SOLD EXCLUSIVELY BY:
TRADER JOE'S
MONROVIA, CA 91016

SKU# 75473



HEATING INSTRUCTIONS

Heat from frozen

MICROWAVE (1200 watt): Microwave heat times vary depending on oven wattage. Empty contents of bag into a microwave safe dish and cover. Heat on HIGH for 3 minutes. Remove cover, stir pilaf, and heat an additional 2 to 3 minutes or until heated through. Let stand for 1 minute before serving.

STOVETOP: Heat a large nonstick skillet over medium heat. Empty contents of bag into the skillet. Stir occasionally and while heating, break up any large clumps of pilaf. Heat for 7 to 9 minutes or until heated through. Let stand for 1 minute before serving.