

## NUTRITION INFORMATION:

Nutrition Facts	
About 36 servings per container	
Serving size	3 oz. (85g)
Amount per serving	
Calories	180
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 110mg	37%
Sodium 420mg	18%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 19g	
Vitamin D 3mcg	15%
Calcium 9mg	0%
Iron 1mg	5%
Potassium 206mg	4%
*The % Daily Value 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.	



## COOKING INSTRUCTIONS:

**HEATING INSTRUCTIONS:** REMOVE PORTIONS FROM BAGS. **CONVENTIONAL OVEN:** PRE-HEAT OVEN TO 375°F. PLACE DUCK, BREAST SIDE UP, ON A LINED OR NON-STICK BAKING SHEET. BAKE FROM FROZEN FOR 35 MINUTES. **CONVECTION OVEN:** PRE-HEAT OVEN TO 375°F. PLACE DUCK, BREAST SIDE UP, ON A LINED OR NON-STICK BAKING SHEET. BAKE FROM FROZEN FOR 25 MINUTES.

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