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Healthy Choice 00072655001084

Healthy Choice Simply Steamers Grilled Chicken Marsala User Manual

Model: 00072655001084

PRODUCT OVERVIEW

Healthy Choice Simply Steamers Grilled Chicken Marsala is a convenient frozen meal designed for quick and satisfying preparation. This meal features chicken breast, russet potatoes, whole green beans, mushrooms, and onions, all combined in a marsala wine sauce. It is prepared without preservatives, offering a wholesome option for lunch or dinner.



Image: Healthy Choice Simply Steamers Grilled Chicken Marsala product box, showing the meal on a plate.

Key Features:

- One 9.9 oz Healthy Choice Simply Steamers Grilled Chicken Marsala Frozen Meal.
- Features chicken breast with russet potatoes, whole green beans, mushrooms and onions in a marsala wine sauce.
- Made with quality ingredients and no preservatives.
- Designed for quick and easy preparation, ideal for lunch or dinner.
- Microwaveable for convenience.



Image: Nutritional highlights indicating 17g Protein, 4g Fiber, and "Nothing Artificial".

**17g
PROTEIN**

• • •
**4g
FIBER**

• • •
**NOTHING
ARTIFICIAL**

Image: Text describing the main components of the meal: grilled chicken, green beans, russet potatoes, mushrooms, onions, and marsala wine sauce.

PREPARATION INSTRUCTIONS

Follow these steps for optimal heating and enjoyment of your Healthy Choice Simply Steamers meal.

- 1. Microwave on high:** Place the meal in the microwave and heat on high for 4½ to 5 minutes. There is no need to vent the film covering the meal.
- 2. Stir:** Carefully remove the meal from the microwave. Stir the steamed food from the top basket into the sauce bowl below. Be cautious as the contents will be hot.
- 3. Check and Enjoy:** Ensure the food is cooked thoroughly before consumption. Once thoroughly heated, the meal is ready to be enjoyed.



MICROWAVE INSTRUCTIONS

- 1 MICROWAVE** on high $4\frac{1}{2}$ to 5 minutes.
No need to vent film.
- 2 STIR** steamed food into sauce bowl.
Careful, it's hot!
- 3 CHECK** that food is cooked thoroughly.
Enjoy!

Image: Graphic illustrating the three-step microwave preparation process.



MADE WITH GRILLED CHICKEN, GREEN BEANS, RUSSET POTATOES, MUSHROOMS, ONIONS & MARSALA WINE SAUCE

Image: A close-up view of the prepared Healthy Choice Simply Steamers Grilled Chicken Marsala meal on a black plate.

INGREDIENTS AND NUTRITIONAL INFORMATION

Ingredients:

Vegetables: Russet Potatoes, Whole Green Beans, Mushrooms, Onions.

Marsala Wine Sauce: Water, Marsala Wine, Onions, Corn Starch, Contains 2% or Less of: Cream, Molasses, Chardonnay Wine, Garlic, Basil, Salt, Potassium Chloride, Chicken Glace [Chicken Broth, Cooked Chicken, Chicken Fat, Salt, Natural Flavorings], Canola Oil, Butter [Cream, Salt], Olive Oil, Locust Bean Gum, Mushroom Powder, Black Pepper.

Seasoned Cooked Chicken: Chicken Breast, Water, Sugar, Sea Salt, Olive Oil, Isolated Soy Protein, Soy Fiber, Rice Starch, Natural Flavoring.

Contains: Milk, Soy.

INGREDIENTS:

VEGETABLES (RUSSET POTATOES, WHOLE GREEN BEANS, MUSHROOMS, ONIONS).

MARSALA WINE SAUCE (WATER, MARSALA WINE, ONIONS, CORN STARCH, CONTAINS 2% OR LESS OF: CREAM, MOLASSES, CHARDONNAY WINE, GARLIC, BASIL, SALT, POTASSIUM CHLORIDE, CHICKEN GLACE [CHICKEN BROTH, COOKED CHICKEN, CHICKEN FAT, SALT, NATURAL FLAVORINGS], CANOLA OIL, BUTTER [CREAM, SALT], OLIVE OIL, LOCUST BEAN GUM, MUSHROOM POWDER, BLACK PEPPER).

SEASONED COOKED CHICKEN (CHICKEN BREAST, WATER, SUGAR, SEA SALT, OLIVE OIL, ISOLATED SOY PROTEIN, SOY FIBER, RICE STARCH, NATURAL FLAVORING).

CONTAINS: MILK, SOY.

Image: Detailed text list of all ingredients in the meal.

Nutrition Facts:

Nutrition Facts - 1 serving per container

Amount per serving	
Calories	180
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
* 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	

Amount per serving	
Monounsaturated Fat	1.5g
Cholesterol	50mg 17%
Sodium	460mg 20%
Total Carbohydrate	21g 8%
Dietary Fiber	4g 14%
Total Sugars	4g
Includes 2g Added Sugars	4%
Protein	17g 28%
Vitamin D	0mcg 0%
Calcium	40mg 4%
Iron	1mg 6%
Potassium	1210mg 25%
Vitamin A	0%
Vitamin C	10%
* 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	

Nutrition Facts	
1 serving per container	
Serving size 1 meal (280g)	
Amount per serving	
Calories	180
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1.5g	
Cholesterol 50mg	17%
Sodium 460mg	20%
Total Carbohydrate 21g	8%
Dietary Fiber 4g	14%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 17g	28%
Vitamin D 0mcg	
Calcium 40mg	4%
Iron 1mg	6%
Potassium 1210mg	25%
Vitamin A	0%
Vitamin C	10%
* 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	

Image: Full Nutrition Facts panel for the meal.

STORAGE

This product is a frozen meal and must be kept frozen until ready for preparation. Store in a freezer at 0°F (-18°C) or colder to maintain quality and safety. Do not refreeze once thawed.

SAFETY INFORMATION

- Always ensure the product is cooked thoroughly to an internal temperature of 165°F (74°C) before consumption.
- Contents will be hot after microwaving; handle with care.
- Do not consume if the packaging is damaged or appears tampered with.
- Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

TROUBLESHOOTING

If the meal is not heated to your satisfaction after the recommended microwave time:

- Ensure your microwave is operating at full power.

- Extend heating time in 30-second intervals until desired temperature is reached.
- Always stir the contents thoroughly after heating to distribute heat evenly.

WARRANTY AND SUPPORT

Specific warranty information for this food product is not provided in the product details. For any product-related inquiries or support, please refer to the contact information on the product packaging or visit the official Healthy Choice website.

You can visit the Healthy Choice Store on Amazon for more information:[Healthy Choice Store](#)

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