

Elem Chicken Tenders

Servings:	1.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

These fully cooked, whole-grain breaded chicken tenders are made from white meat, whole muscle chicken

Nutrition Information

Calories	240.00	Protein	19.50g
Fat	12.00g	SaturatedFat	2.25g
Trans Fat	0.00g	Cholesterol	45.00mg
Carbohydrates	12.00g	Fiber	1.50g
Sugar	3.00g	Sodium	330.00mg
Iron	1.62mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

3 Piece CHIX TNDR BRD WGRAIN 1.41Z 6-5#

Preparation Instructions

Convection Oven: preheat to 375 degrees F no steam, medium-low fans. Place frozen tenders in a single layer on a parchment lined baking sheet. Heat for 7-10 minutes uncovered. Conventional Oven: preheat oven to 400 degrees F. Place frozen tender in a single layer on a parchment lined baking sheet. Heat for 11-13 minutes uncovered.

Marketing Tips