



## 22793 F.C. ALPHA BUDDIES 6 X 4 LBS

<b>Nutrition Facts</b>	
Serving Size	4 pieces 93g
Servings Per Container	About 20
<b>Amount Per Serving</b>	
<b>Calories</b> 200	Calories from Fat 90
% Daily Value*	
<b>Total Fat</b> 10g	<b>15%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 360mg	<b>15%</b>
<b>Total Carbohydrate</b> 16g	<b>5%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 1g	
<b>Protein</b> 11g	<b>22%</b>
<b>Vitamin A</b>	<b>0%</b>
<b>Vitamin C</b>	<b>0%</b>
<b>Calcium</b>	<b>35%</b>
<b>Iron</b>	<b>15%</b>

### Ingredients

BONELESS SKINLESS CHICKEN BREAST WITH RIB MEAT, WATER, WHOLE WHEAT FLOUR, ENRICHED AND/OR BLEACHED WHEAT FLOUR (NIACIN (VITAMIN B3), REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), ISOLATED SOY PROTEIN, CALCIUM CARBONATE. CONTAINS 2% OR LESS OF THE FOLLOWING: WHOLE GRAIN YELLOW CORN FLOUR, SALT, YELLOW CORN FLOUR, CORN STARCH, CANOLA OIL, YEAST, DEXTROSE, NATURAL CHICKEN FLAVOR, SUGAR, SEA SALT, FLAX MEAL, SPICES, EXTRACTIVE OF PAPRIKA, NATURAL FLAVOR, IRON, GUAR GUM, GARLIC POWDER, ONION POWDER.

### Heating Instructions

CAUTION: DO NOT DEFROST. HEAT THIS PRODUCT FROM THE FROZEN STATE. SINCE APPLICANCES MAY VARY IN POWER, THE FOLLOWING INSTRUCTIONS ARE GUIDELINES ONLY. INTERNAL TEMPERATURE SHOULD REACH 165F.

Oven: Preheat oven to 425F. Heat 10 to 12 minutes.  
Microwave: heat on high power for 1 minute per 4 pieces.  
Toaster oven: Preheat oven to 425F. Heat for 12 to 14 minutes.  
Fryer: Preheat oil to 350F. Fry for 2 to 2 1/2 minutes.

\*The information presented herein is based on laboratory work; therefore the data may vary with the final copy.

RD samples may contain traces of egg or milk ingredients since experimental kitchen isn't an area under control for allergens.

**22793 CN no 090051**

Four 0.82 oz chicken breast patty fritters with rib meat provide 1.00 oz equivalent meat/meat alternate and 1.00 oz equivalent grains for Child Nutrition Meal Pattern Requirements.