



22149 F.C. POPCORN CHICKEN 4 X 5 LBS

Nutrition Facts	
Serving Size 11 pieces (88g)	
Servings Per Container About 26	
Amount Per Serving	
Calories 210 Calories from Fat 110	
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 350mg	15%
Total Carbohydrate 13g	4%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 12g	24%
Vitamin A	0%
Vitamin C	0%
Calcium	30%
Iron	15%

Ingredients

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

Heating Instructions

HEATING INSTRUCTIONS - WARNING: Do not defrost. Heat this product from the frozen state. Since appliances may vary in power, these instructions are guidelines only. Internal temperature should reach 165F.
CONVENTIONAL OVEN: Preheat oven to 425 F. Heat for 8 to 10 minutes.
MICROWAVE OVEN: Heat on high power for 1 minute for 10 pieces. Turn product halfway through cooking time. Let stand 1 minute before serving.
FRYER: Preheat oil to 350F. Fry 2 minutes.
TOASTER OVEN: preheat oven to 425 F. Heat 12 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.

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Twelve 0.28 oz chicken breast patty fritters with rib meat provide 2.00 oz equivalent meat/meat alternate and 1.00 oz equivalent grains for Child Nutrition Meal Pattern Requirements.