



## 22129 F.C. CHICKEN BREAST WHEEL 4 X 5 LBS

<b>Nutrition Facts</b>	
Serving Size 4 pieces (92g)	
Servings Per Container About 25	
<b>Amount Per Serving</b>	
<b>Calories</b> 220	Calories from Fat 110
% Daily Value*	
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 390mg	<b>16%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 0g	
<b>Protein</b> 13g	<b>26%</b>
<b>Vitamin A</b>	<b>0%</b>
<b>Vitamin C</b>	<b>0%</b>
<b>Calcium</b>	<b>40%</b>
<b>Iron</b>	<b>15%</b>

### 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), TEXTURED SOY PROTEIN CONCENTRATE, WHOLE GRAIN YELLOW CORN FLOUR. CONTAINS 2% OR LESS OF THE FOLLOWING: CALCIUM CARBONATE, CORN STARCH, SALT, CANOLA OIL, YELLOW CORN FLOUR, YEAST, DEXTROSE, SPICES, SUGAR, SEA SALT, FLAX MEAL, EXTRACTIVE OF PAPRIKA, NATURAL FLAVOR, GUAR GUM, GARLIC POWDER, ONION POWDER, IRON.

### Heating Instructions

EATING INSTRUCTIONS: Do not defrost. Heat this product from the frozen state. Since appliances may vary in power. These instructions are guidelines only. Internatl temperature should reach 165F.

CONVENTIONAL OVEN: Preheat oven to 425°F. Heat for 8 to 10 minutes.

MICROWAVE OVEN: Heat on high power for 2 minutes for 6 pieces. Turn product halfway through cooking time. Let stand 1 minute before serving.

FRYER: Preheat oil to 350°F and fry for 1 to 1½ minutes.

Toaster oven: preheat oven to 425F. Heat for 10 to 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.



**22129 CN no 090234**

Four 0.81 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.