18200

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Nutrition Facts

Serving Size 6 Pieces (90g)
Servings Per Container about 50

Amount Per Serving	
Calories 180	Calories from Fat 50
	% Daily Value*
Total Fat 5g	**8%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 35mg	**12%**
Sodium 520mg	**22%**
Total Carbohydrate 19g	**6%**
Dietary Fiber 1g	**4%**
Sugars 1g	
Protein 14g	

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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Waffle Breaded Chicken Breast Bites

INGREDIENTS: CHICKEN BREAST MEAT WITH RIB MEAT, WATER, MODIFIED FOOD STARCH, SALT, SUGAR, SODIUM PHOSPHATES, NATURAL AND ARTIFICIAL MAPLE FLAVOR [PROPYLENE GLYCOL, FLAVOR, CARAMEL COLOR (CONTAINS SULFITES)]. PREDUSTED, BATTERED AND BREADED WITH: WHEAT FLOUR, WATER, BLEACHED WHEAT FLOUR, SUGAR, SALT, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), MODIFIED CORN STARCH, BUTTERMILK PRODUCT (SWEET CREAM, WHEY CREAM), SOYBEAN OIL (AS A PROCESSING AID), EGGS, SOY FLOUR. BREADING SET IN VEGETABLE OIL.

CONTAINS: EGG, MILK, SOY, WHEAT

NET WEIGHT: 10 lbs. (2/5 lb sealed bags per case)

UPC BOX LABEL: 10038483182002

SERVING SIZE: 6 Pieces

CASE DIMENSIONS: 15 13/16 x 10 3/8 x 5 7/8

CASE CUBE: .48

PALLET CONFIGURATION: 10 cases per layer/12 layers per pallet

SHELF LIFE: 12 months

COOKING INSTRUCTIONS: Cook according to instructions below or until internal temperature reaches 165 °F.

DEEP FRYER: Deep fry for 2 1/2 -3 minutes at 350°F.

CONVECTION OVEN: Bake for 8-9 minutes at 375°F.

CONVENTIONAL OVEN: Bake for 9-11 minutes at 400°F.

MICROWAVE: Not Recommended for the Microwave Oven

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