



CHICKEN BREAST TENDERLOINS

PRE BROWNED FRITTERS

NET WT. 5 LBS.

KEEP FROZEN

Nutrition Facts

Serving Size 100g

Servings Per Container 22

Amount Per Serving

Calories 200 **Calories from Fat 80**

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 1.5g **8%**

Cholesterol 30mg **10%**

Sodium 610mg **25%**

Total Carbohydrate 14g **5%**

Dietary Fiber NA **0%**

Sugars NA

Protein 16g

VITAMIN A 0% • **VITAMIN C 0%**

CALCIUM 0% • **IRON 8%**

*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
Sat 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 CARBOHYDRATES 4 PROTEIN 4

BREADED WITH: BLEACHED WHEAT FLOUR, SALT, SPICES, SOYBEAN OIL, LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), HYDROLYZED VEGETABLE PROTEIN, GARLIC POWDER, SOY FLOUR, EXTRACTIVES OF PAPRIKA, SPICE EXTRACTIVES.

BATTERED WITH: BLEACHED ENRICHED WHEAT FLOUR (NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, YELLOW CORN FLOUR LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE), DRIED EGG WHITE, SPICE EXTRACTIVE, CARBOXYMETHYLCELLULOSE GUM, BATTER AND BREADING SET IN VEGETABLE OIL. CONTAINS UP TO 30% OF A SOLUTION OF WATER, POTATO STARCH, SALT, AND SODIUM PHOSPHATE.

Cooking Instructions:

Baking: Preheat oven at 450°F. Bake at 450°F for 6 minutes. Turn Chicken tenders and bake another 6 minutes.

Frying: Deep fat fry at 350°F for 3 minutes or until desired doneness.

DISTRIBUTED BY

FRESH COUNTRY FUND RAISING LONGVIEW, TX 75604

Safe Handling Instructions

This product was prepared from inspected and passed meat and/or poultry. Some food products may contain bacteria that could cause illness if the product is mishandled or cooked improperly. For your protection, follow these safe handling instructions.



Keep refrigerated or frozen. Thaw refrigerator or microwave.



Keep raw meat and poultry separate from other foods. Wash working surfaces (including cutting boards), utensils, and hands after touching raw meat or poultry.



Cook thoroughly.



Keep hot foods hot. Refrigerate leftovers immediately or discard.

CHICKEN TENDERS