

HT Heat Treated **Battered White Chicken Strips**
 Product Information and Instruction



#35-1918

Pack : 2 / 5 lb bags

Raw cut size: ½" thick

Pieces per lb:

Case Net Weight (lbs): 10 lbs

Case Gross Weight (lbs): 10.9 lbs

Case Cube: .58

UPC: 856460001367

Shelf Life: 12 Months Frozen

Ti x Hi : 11 x 10

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HIGHLIGHTS:

- Zero trans fat. No MSG added.
- USDA whole muscle all white meat chicken.
- Minimally processed, No preservatives, No artificial Ingredients
- No mess, Easy to prepare, Oven baked or Fry.
- Ready in minutes.
- Added health benefits from flaxseed.

Nutrition Facts

Serving Size (150g)
 Servings Per Container

Amount Per Serving		% Daily Value*	
Calories 240	Calories from Fat 30		
Total Fat 3g			5%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 45mg			15%
Sodium 560mg			23%
Total Carbohydrate 34g			11%
Dietary Fiber 1g			4%
Sugars 0g			
Protein 19g			
Vitamin A 0%		Vitamin C 0%	
Calcium 10%		Iron 15%	

*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

Cooking Instructions | from thaw

OPTION 1 | 2 ½ MINUTES | FRYER

- 350° F for 2 ½ Minutes.
- Ensure internal temperature of 165° F or higher.

OPTION 2 | 20 MINUTES | OVEN

- At 400° F, Bake middle rack.
- Spray pan with cooking spray and spread chicken evenly. in single layer, do not over stack.
- After 10 minutes flip and bake for another 10 minutes.
- Ensure internal temperature of 165° F or higher.

INGREDIENTS:

Chicken (Chicken Breast, Water, Flaxseed/Milled Flaxseed, Salt), Coating (Self Rising Enriched Flour Bleached [Wheat Flour, Leavening (Sodium Aluminum Phosphate, Baking Soda, Calcium Sulfate, Monocalcium Phosphate), Salt, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Water, Cornstarch, Soybean Oil).
 Contains Soy, Wheat.