

HT Chicken Nugget

Heat Treated Product Information and Instructions



#35-1928

Pack : 2 / 5 lb bags

Raw cut size: 3/4" x 3/4"

Pieces per lb:

Case Net Weight (lbs): 10 lbs

Case Gross Weight (lbs): 10.9 lbs

Case Cube: .58

UPC: 856460001374

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			
Calories 250	Calories from Fat 80		
	% Daily Value*		
Total Fat 9g			14%
Saturated Fat 2g			10%
Trans Fat 0g			
Cholesterol 55mg			18%
Sodium 350mg			15%
Total Carbohydrate 19g			6%
Dietary Fiber 1g			4%
Sugars 0g			
Protein 21g			
Vitamin A 0%		Vitamin C 0%	
Calcium 6%		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 19 MINUTES | OVEN

- At 400° F, Bake middle rack.
- Spread evenly in single layer, do not over stack.
- 19 minutes, depending on desired browning.
- 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.