

WG FC Breaded Chicken Tenders

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| Code: | 20304 |
| Case Pack: | 4/5 lb. bags |
| Net Weight: | 20 lbs. |
| Storage: | Frozen |
| Servings per Case: | 105–108 |



Serving Suggestions:

The suggested serving size is 3 pieces or 3 oz.

Preparation Instructions:

Convection Oven: Bake at 375 degrees for 12 to 14 minutes

Conventional Oven: Bake at 375 degrees for 10 to 12 minutes

Ingredients: Chicken breast with rib meat, water, vegetable protein product (soy protein concentrate, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine monitrate (B1), pyridoxine hydrochloride (B6), riboflavin (B2), and cyanocobalamin (B12)). **Seasoning** (salt, sugar, sodium phosphates, maltodextrin, dextrose, spices, yeast extract, natural flavors, sunflower oil, modified food starch) sodium phosphate, tricalcium phosphate. **Breaded with:** whole wheat flour, enriched wheat flour (Enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, salt, disodium inosinate and disodium guanylate, nonfat milk, leavening (sodium bicarbonate, sodium acid pyrophosphate, monocalcium phosphate), spice soybean oil yeast, extractives of paprika. **Battered with:** Water, whole wheat flour enriched wheat flour (enriched with niacin, reduced iron thiamine mononitrate, riboflavin, folic acid), sugar, salt, nonfat milk, disodium inosinate and disodium guanylate, wheat gluten, leavening (sodium bicarbonate, sodium acid pyrophosphate, monocalcium phosphate), spice, soybean oil extractives of paprika. **Pre Dusted with:** Enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), modified potato starch, salt, soybean oil. Breeding is set in vegetable oil.

Nutrition Facts

Serving Size: 3 Pieces or 3 oz
Serving Per Container: Approx. 105-108

| Amount Per Serving | |
|-------------------------------|----------------------|
| Calories 166 | Calories from Fat 65 |
| % Daily Value* | |
| Total Fat 7g | 11% |
| Saturated Fat 2g | 10% |
| Trans Fat 0g | |
| Cholesterol 27mg | 9% |
| Sodium 333mg | 14% |
| Total Carbohydrate 11g | 3% |
| Dietary Fiber 1g | 4% |
| Sugars 1g | |
| Protein 14g | |
| Vitamin A 2% | Vitamin C 0% |
| Calcium 6% | Iron 12% |

* Percent Daily Values are based on a 2,000 calorie diet.

Allergens: Wheat, Soy, Milk