



# Southern Fried Chicken Tenders CN



<b>Code:</b>	233350
<b>Case Pack:</b>	2/5 lb. bags
<b>Net Weight:</b>	10 lbs.
<b>Storage:</b>	Frozen
<b>Servings per Case:</b>	41

### Preparation Instructions:

*Convection Oven: Preheat oven to 325F. Arrange in a single layer on baking sheet. Bake for 8 to 10 minutes.*

*Standard Oven: Preheat oven to 350F. Arrange in a single layer on baking sheet. Bake for 12 to 15 minutes.*

### Ingredients:

Boneless Chicken Breast with Rib Meat, Water, Soy Protein Concentrate, Seasoning (Brown Sugar, Salt, Natural Flavor), Vegetable Protein Product (Isolated Soy Protein, Lecithin, Magnesium Oxide, Zinc Oxide, Niacinamide, Ferrous Sulfate, Vitamin B12, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Pyridoxine Hydrochloride, Thiamine Mononitrate and Riboflavin), Sodium Phosphates. BREADED AND BATTERED WITH: Enriched Fine Grind Whole Grain Wheat Flour and Enriched Wheat Flour (Fine Grind Whole Grain Wheat Flour, Wheat Flour, Wheat Starch, Niacin {Vitamin B3}, Reduced Iron, Thiamine Mononitrate {Vitamin B1}, Riboflavin {Vitamin B2}, Folic Acid), Water, Bread Crumbs [Enriched Wheat Flour (Wheat Flour, Wheat Starch, Niacin {Vitamin B3}, Reduced Iron, Thiamine Mononitrate {Vitamin B1}, Riboflavin {Vitamin B2}, Folic Acid), Salt, Dextrose, Soybean Oil, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Oleoresin Paprika], less than 2% of Salt, Whole Grain Corn Flour, Spices and Spice Extractives including Extractive of Paprika, Dextrose, Sodium Bicarbonate, Sodium Aluminum Phosphate, Sodium Alginate, Garlic Powder, Sugar. Breading Set in Soybean Oil. CN Label # 097088 (FS) CN Label # 097091

## Nutrition Facts

Serving Size 3 pc  
Serving Per Container: 41

Amount Per Serving	
<b>Calories</b> 224	Calories from Fat 108
<b>% Daily Value*</b>	
<b>Total Fat</b> 12g	18%
Saturated Fat 3g	15%
Trans Fat 0g	
<b>Cholesterol</b> 38mg	13%
<b>Sodium</b> 615mg	25%
<b>Total Carbohydrate</b> 15g	5%
Dietary Fiber 2g	8%
Sugars 1g	
<b>Protein</b> 14g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 9%

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

**Allergens: Wheat, Soy**

**3, 1.03 oz Tenders = 2 Mt/Mt Alt and .5 Grain Credits**