

# A LA HENRI

## (HEART SHAPED)

# 7714

### READY TO COOK

# BREADED CHICKEN NUGGETS-CN

## BREADED NUGGET-SHAPED CHICKEN PATTIE



INGREDIENTS: BONELESS SKINLESS CHICKEN BREAST WITH RIB MEAT, WATER, SEASONING (SOY FLOUR, SALT, HYDROLYZED CORN PROTEIN, SOY PROTEIN CONCENTRATE, SPICES, DEXTROSE, CHICKEN FAT POWDER(CHICKEN FLAVOR, DISODIUM INOSINATE, DISODIUM GUANYLATE), ONION AND GARLIC POWDER, SOYBEAN OIL. BREADED WITH: ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE), SALT, SOYBEAN OIL, DRIED YEAST, AND SUGAR. BATTERED WITH: WATER, BATTER(ENRICHED BLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED FOOD STARCH, YELLOW CORN FLOUR, SALT, SPICES, CELERY POWDER, ONION POWDER, OREGANO, GUAR GUM, PAPRIKA, SPICE EXTRACTIVE). PREDUSTED WITH: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT AND SOYBEAN OIL. BREADING SET IN SOYBEAN OIL. CONTAINS: WHEAT, SOY.

PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. PLACE IN PREHEATED OVEN AT 400 DEGREES FOR 20 MINUTES, TURN ONCE. COOK UNTIL DONE.

KEEP FROZEN



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FIVE 0.74 OZ. RAW BREADED CHICKEN NUGGETS WHEN COOKED PROVIDES 1.75 OZ. EQUIVALENT MEAT AND \* SERVING OF BREAD ALTERNATE FOR THE CHILD NUTRITION MEAL PATTERN REQUIREMENTS. <USE OF THIS LOGO AND STATEMENT AUTHORIZED BY THE FOOD AND NUTRITION SERVICE, USDA 10/05>.

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# NET WT. 20 LBS

PROCESSED BY: TOWNSENDS, INC. MT BETHEL, PA 18343

NUTRITION FACTS			
Serving Size 1 Nugget (104g/3.7oz)			
Servings per Container 86			
Amount Per Serving			
<b>Calories</b>	280	Calories from Fat 150	
		% Daily Value*	
<b>Total Fat</b>	17g	26%	
Saturated Fat	3.5g	13%	
Trans Fat	0g		
<b>Cholesterol</b>	40mg	19%	
<b>Sodium</b>	460mg	19%	
<b>Total Carbohydrate</b>	18g	6%	
Dietary Fiber	1g	8%	
Sugars	3g		
<b>Protein</b>	13g		
Vitamin A	2%	Vitamin C 2%	
Calcium	2%	Iron 8%	
Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories	2000	2500
Total Fat	Less than 85g	80g	
SatFat	Less than 20g	25g	
Cholesterol	Less than 300mg	300mg	
Sodium	Less than 2400mg	2400mg	
Total Carbohydrate	300g	375g	
Dietary Fiber	25g	30g	
Calories per gram			
Fat 9 * Carbohydrates 4 * Protein 4			

