



Townsend

7715 Chick-N-Sports Nuggets

Nutrition Facts

Serving Size (104g)
Servings Per Container

Amount Per Serving

Calories 270 Calories from Fat 150

% Daily Value*

Total Fat 17g	26%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 540mg	23%
Total Carbohydrate 16g	5%
Dietary Fiber 2g	6%
Sugars 2g	

Protein 14g

Vitamin A 2% • Vitamin C 2%

Calcium 4% • Iron 6%

*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

Ingredient Statement

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 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: 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), water. Predusted with: Enriched Wheat Flour (Niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt and soybean oil. Breading set in Soybean Oil. Contains: Wheat.