

FAIR MARKET, INC. 20400

CN- BREADED NUGGETS SHAPED COOKED CHICKEN PATTIE

INGREDIENTS: BONELESS CHICKEN BREAST (WITH RIB MEAT), WATER, SALT, SODIUM PHOSPHATE, BATTERED AND BREADED WITH BLEACHED ENRICHED WHEAT FLOUR (NIAICIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, YELLOW CORN FLOUR, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), SALT, MODIFIED FOOD STARCH, SPICES, BUTTERMILK SOLIDS, NONFAT DRY MILK, DEXTROSE, SOYBEAN OIL, SUGAR, YEAST, YEAST EXTRACTIVES, NATURAL FLAVOR, LESS THAN 2% SOYBEAN OIL AS PROCESSING AID

HEATING INSTRUCTIONS: OVEN: 375 DEGREES FOR 12 - 15 MINUTES. MICROWAVE: HIGHEST SETTING FOR 1 1/2 MINUTES. DEEP FRY: 375 DEGREES FOR 2 - 3 MINUTES.

PACKED ON: 6346 - 08:44

NET WT. 20.00 LBS

INSTITUTIONAL PACK

KEEP FROZEN



(01)90072745204008(3202)002000(13)061212(21)140163460121
PACKED FOR: FAIR MARKET, INC., WENTZVILLE, MO 63385

CN 035017

FIVE 75 OZ. FULLY COOKED, BREADED, NUGGET SHAPED CHICKEN PATTIES PROVIDE 2.25 OZ. EQUIVALENT MEAT AND 1.25 SERVINGS OF BREAD ALTERNATE FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS (USE OF THIS LOGO AND STATEMENT AUTHORIZED BY THE FOOD AND NUTRITION SERVICE, USDA 9/95.)

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Nutrition Facts			
Serving Size 5 pieces (106 grams) *			
Servings Per Container Approx 85			
Amount per Serving		Calories from Fat 90	
Calories 202			
- % Daily Value			
Total Fat	10g		15%
Saturated Fat	2g		10%
Trans Fat	0g		
Cholesterol	40mg		13%
Sodium	425mg		18%
Total Carbohydrate	14g		5%
Dietary Fiber	2g		8%
Sugars	1g		
Protein	14g		28%
Vitamin A	4%	*	Vitamin C 0%
Calcium	4%	*	Iron 10%
*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	2400mg	2400mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g
Calories per gram			
Fat 9 * Carbohydrate 4 * Protein 4			