

## Nutrition Facts

Serving Size 3.4 oz, 5 pieces (96 grams)  
Servings per container: 94

Amount per Serving		Calories from Fat 63	
Calories 171			
		% Daily Value	
Total Fat	7g	11%	
Saturated Fat	1.5g	7%	
Cholesterol	40mg	13%	
Sodium	580mg	24%	
Total Carbohydrate	12g	4%	
Dietary Fiber	0g	0%	
Sugars	0g		
Protein	15g	30%	

Vitamin A 0% \* Vitamin C 2%  
Calcium 2% \* 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	2400mg	2400mg	
Total Carbohydrates		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram  
Fat 9 \* Carbohydrate 4 \* Protein 4

# FAIR MARKET, INC. 20600

## FULLY COOKED PREMIUM CHICKEN RINGS BREADED CHICKEN BREAST PATTIES WITH RIB MEAT

INGREDIENTS: BONELESS CHICKEN BREAST (WITH RIB MEAT), WATER, SALT, SODIUM PHOSPHATE,

BATTERED AND BREADED WITH: BLEACHED ENRICHED WHEAT FLOUR (NIACIN, 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: 5305 - 18:02

INSTITUTIONAL PACK

KEEP FROZEN

NET WT. 20.00 LBS



PACKED FOR: FAIR MARKET, INC., WENTZVILLE, MD 63385

