

# 3211

Fully Cooked

## Breaded Southern Style Nugget Shaped Chicken Breast Patty with Rib Meat

**INGREDIENTS:** Chicken Breast with Rib Meat, Water, Vegetable Protein Product (Isolated Soy Protein, Magnesium Oxide, Zinc Oxide, Niacinamide, Ferrous Sulfate, Vitamin B-12, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Pyridoxine Hydrochloride, Thiamine Mononitrate, Riboflavin), Dried Whole Egg, Salt, Sodium Phosphate and Onion Powder. **BREADED WITH:** Bleached Wheat Flour, Spices, Salt, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate), Dextrose, Yeast, Natural Flavor. **BATTERED AND PRE-DUSTED WITH:** Water, Bleached Wheat Flour, Corn Starch, Salt, Yellow Corn Flour, Cellulose Gum, Sodium Alginate, Natural Flavor. Breading set in Vegetable Oil.

**CONTAINS: EGG, SOY AND WHEAT**

**HEATING INSTRUCTIONS:** From Frozen: Heat in Convection Oven for 6-8 minutes at 425°F or Fryer for 2½-3 minutes at 350°F. Appliances vary, adjust cook times accordingly.

Nutrition Facts	
Serving Size 4 Pieces (96g)	
Servings Per Container About 47	
Amount Per Serving	
<b>Calories 200</b>	<b>Calories from Fat 90</b>
% Daily Value*	
<b>Total Fat 10g</b>	<b>15%</b>
<b>Saturated Fat 2g</b>	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol 70mg</b>	<b>23%</b>
<b>Sodium 520mg</b>	<b>22%</b>
<b>Total Carbohydrate 14g</b>	<b>5%</b>
Dietary Fiber less than 1 gram 2%	
Sugars 0g	
<b>Protein 16g</b>	
Vitamin A 4%	Vitamin C 0%
Calcium 2%	Iron 8%

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

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CN Four 0.85 oz. Breaded Fully Cooked Chicken Nuggets (3.40 oz. Total) provide 2.00 oz. equivalent meat/meat alternate for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 07-06). CN

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