

Code 20400

CN Breaded Chicken Nuggets

Heating Instructions: Oven 375 Degrees 12-15 minutes.

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 Flower, 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.

CN Number 035017: Five .75 oz provides 2.25 oz. Meat Equivalent and 1.25 servings of Bread.

Nutrition Facts	
Serving Size 5 pieces (106 grams)	
Servings Per Container Approx 85	
Amount per Serving	
Calories 202	Calories from Fat 90
% 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	