

# B and D Foods

## Natural Tempura Chicken Breast

Item Number: A-3050

Brand: Royal Natural



UPC: 037483030507  
GTIN: 00037483030507

**FULLY COOKED  
FULLY BAKEABLE**

*Chicken breast meat, cut, marinated,  
coated in a non-seasoned tempura  
batter and fully cooked in vegetable oil.  
No Trans Fat - No MSG*

### Preparation Instructions:

Method	Temp	Frozen	Thawed
Deep Fry	350°	3 – 3½ Minutes	2½ - 3 Minutes
Conventional Oven	450°	12-14 Minutes	7 - 8 Minutes
Convection Oven	425°	11-12 Minutes	7 - 8 Minutes

**Shelf Life:** 18 months @ 0°Fahrenheit

INGREDIENTS: Chicken Breast Meat, Water, Wheat Flour, Corn Starch, Potato Starch, Rice Flour, Leavening (Sodium Bicarbonate, Cream of Tartar), Corn Flour, Sea Salt, Egg White, Dehydrated Onion, Dehydrated Garlic. Fully Cooked in Vegetable Oil (Soybean Oil, Canola Oil).  
ALLERGENS: Wheat, Eggs.

### Nutrition Facts

Serving Size (100g)  
Servings Per Container

Amount Per Serving

**Calories 240**      Calories from Fat 90

% Daily Value\*

**Total Fat 10g**      **15%**

Saturated Fat 1g      **5%**

Trans Fat 0g

**Cholesterol 35mg**      **12%**

**Sodium 510mg**      **21%**

**Total Carbohydrate 22g**      **7%**

Dietary Fiber 1g      **4%**

Sugars 0g

**Protein 13g**

Vitamin A 0%      • Vitamin C 2%

Calcium 0%      • Iron 2%

\*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

NOTE: This is a representation of the nutritional label. The actual nutritional label on the product may vary slightly.

### Pack Facts:

Piece per Pound:	Approx: 50
Pack:	2/5-pound poly bags
Case Net Wt (Lbs):	10
Case Gross Wt (Lbs):	11.5
Case Dimensions:	16¼ × 10¼ × 5
Cases/Pallet Layer:	10
Layers/Pallet:	13
Cases /Pallet:	130
Case Cube:	.48 cf