

B and D Foods

Natural Tempura Chicken Dark Meat

Item Number: A-3070-10#
Brand: Royal Natural



**FULLY COOKED
FULLY BAKEABLE**

*Chicken dark 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: 12 months @ 0°Fahrenheit

INGREDIENTS: Chicken Thigh, Water, Wheat Flour, Corn Starch, Canola Oil, Potato Starch, Contains Less Than 2% of Corn Flour, Dehydrated Garlic, Dehydrated Onion, Egg Whites, Leavening (Sodium Bicarbonate, Cream of Tartar), Rice Flour, Sea Salt.

ALLERGENS: Contains Wheat, Eggs.

Nutrition Facts

Serving Size (100g)		Servings Per Container	
Amount Per Serving			
Calories 290	Calories from Fat 130		
		% Daily Value*	
Total Fat 14g			22%
Saturated Fat 2g			10%
Trans Fat 0g			
Cholesterol 65mg			22%
Sodium 580mg			24%
Total Carbohydrate 26g			9%
Dietary Fiber 1g			4%
Sugars 0g			
Protein 13g			
Vitamin A 0%		Vitamin C 0%	
Calcium 2%		Iron 4%	
*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: 80
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