

B and D Foods

Gluten Free Chicken Breast

Item Number: A-3250
Brand: Royal Gluten Free

UPC: 037483032501
GTIN: 00037483032501

**FULLY COOKED
FULLY BAKEABLE**

*Chicken breast meat, cut, marinated,
coated in a crispy gluten free
batter and fully cooked in vegetable oil.
No Trans Fat - No MSG*



Nutrition Facts

Serving Size (100g)		Servings Per Container	
Amount Per Serving			
Calories 270	Calories from Fat 90		
% Daily Value*			
Total Fat 10g			15%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 35mg			12%
Sodium 460mg			19%
Total Carbohydrate 28g			9%
Dietary Fiber 0g			0%
Sugars 0g			
Protein 14g			
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

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, Water, Corn Starch, Rice Flour, Yellow Corn Flour, Potato Starch, Yellow Corn Meal, Leavening (Cream of Tartar, Sodium Bicarbonate), Sea Salt, Garlic Powder, Yeast Extract, Onion Powder. Fully Cooked in Vegetable Oil (Canola).
ALLERGENS: None.

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 x 10¼ x 5
Cases/Pallet Layer:	10
Layers/Pallet:	13
Cases /Pallet:	130
Case Cube:	.48 cf