

B and D Foods

Gluten Free Crispy Chicken Dark Meat Fritters

Item Number: A-3270-10#
Brand: Royal Gluten Free

UPC:
GTIN:

**FULLY COOKED
FULLY BAKEABLE**

*Chicken dark 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 230 **Calories from Fat 80**

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 45mg **15%**

Sodium 390mg **16%**

Total Carbohydrate 22g **7%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 12g

Vitamin A 2% • Vitamin C 2%

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

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

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

Pack Facts:

Piece per Pound:	Approx: 40
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