B and D Foods

Royal Tempura Chicken

Fully Cooked Tempura Chicken Breast

Item Number: A-4615

Brand: Royal

UPC: 037483046157

GTIN: 00037483046157

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

Nutrition Facts

Serving Size (100g)
Servings Per Container

Amount Per Serving	
Calories 230	Calories from Fat 70
	% Daily Value*
Total Fat 8g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 450mg	19%
Total Carbohydrate 24g	8%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 13g	

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 6%

*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.

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, BLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMINE MONO-NITRATE, RIBOFLAVIN, FOLIC ACID), CORNSTARCH. CONTAINS LESS THAN 2% OF EGG WHITES, GARLIC POWDER, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), MALTED BARLEY FLOUR, RICE FLOUR, SALT, SODIUM PHOSPHATE, WHEAT STARCH. FULLY COOKED IN VEGETABLE OIL.
ALLERGENS: CONTAINS EGG, WHEAT.

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