B and D Foods

Royal Tempura Dark Meat

Fully Cooked Tempura Chicken Dark meat

Item Number: A-4716

Brand: Royal

UPC: 037483047161

GTIN: 00037483047161

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

Nutrition Facts

Serving Size (100g)
Servings Per Container

Amount Per Serving	
Calories 240	Calories from Fat 80
	% Daily Value*
Total Fat 10g	15%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 40mg	14%
Sodium 480mg	20%
Total Carbohydrate 24g	8%
Dietary Fiber 1g	2%
Sugars 0g	
Protein 12g	

Vitamin A 0% • Vitamin C 2%

Calcium 2% • Iron 8%

*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 DARK MEAT, WATER, BLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, 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: 46
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