B and D Foods

Buffalo Style Chicken Blings®

Fully Cooked Tempura Chicken Breast

Item Number: A-4830

Brand: Blings

UPC: 037483048304

FULLY COOKED FULLY BAKEABLE

Chicken breast meat, cut, marinated in a spicy marinade, coated in a spicy breading and spicy 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 90
	% Daily Value*
Total Fat 11g	**16%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 30mg	**11%**
Sodium 880mg	**37%**
Total Carbohydrate 22g	**7%**
Dietary Fiber 1g	**3%**
Sugars 1g	
Protein 11g	

Vitamin A 6% • Vitamin C 8%
Calcium 0% • Iron 10%

*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, Water, Bleached Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Modified Food Starch, Degermed Yellow Corn Flour. Contains less than 2%: Annatto (Color), Chili Peppers, Extractive of Capsicum, Extractive of Paprika (Color), Garlic Powder, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Malic Acid, Malted Barley Flour, Maltodextrin, Natural Flavor, Onion Powder, Palm Oil, Salt, Sodium Diacetate, Sodium Tripolyphosphate, Spices, Sugar, Tabasco® Pepper Pulp (Distilled Vinegar, Red Pepper, Salt), Vinegar, Wheat Gluten, White Distilled Vinegar, Whole Eggs, Xanthan Gum, Yeast.
ALLERGENS: Contains Eggs and Wheat.

Pack Facts:

Piece per Pound:	Approx: 25
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

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