B and D Foods

Home-Style Blings

Fully Cooked Tempura Chicken Breast Strips

Item Number: A-4842

Brand: Blings®

UPC: 037483048427

GTIN: 00037483048427

FULLY COOKED
FULLY BAKEABLE

Chicken breast tenders, cut, marinated, coated in a non-seasoned tempura, home-style batter and fully cooked in vegetable oil.
No Trans Fat - No MSG

Nutrition Facts

Serving Size 100 g (100g)
Servings Per Container

Amount Per Serving

Calories 230	Calories from Fat 90
	% Daily Value*
Total Fat 10g	**16%**
Saturated Fat 2g	**9%**
Trans Fat 0g	
Cholesterol 30mg	**11%**
Sodium 320mg	**13%**
Total Carbohydrate 21g	**7%**
Dietary Fiber 0g	**2%**
Sugars 0g	
Protein 13g	

Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron 15%

*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 MONONITRATE, RIBOFLAVIN). CONTAINS LESS THAN 2% OF DEHYDRATED GARLIC, DEXTRIN, DEXTROSE, EGG YOLK, EGG WHITE, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), MODIFIED POTATO STARCH, NONFAT DRY MILK, PAPRIKA, RICE FLOUR, SALT, SODIUM PHOSPHATE, SPICES, XANTHAN GUM. FULLY COOKED IN VEGETABLE OIL (SOYBEAN OIL, CANOLA OIL). ALLERGENS: CONTAINS WHEAT, EGGS, MILK

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