

B and D Foods

Tempura Chicken with Sweet & Sour Sauce Meal Kit

Item Number: A-6106
 UPC: 037483061068
 GTIN: 00037483061068

**FULLY COOKED
 FULLY BAKEABLE**

*Chicken breast meat, cut, marinated, coated in a non-seasoned tempura batter and fully cooked in vegetable oil, with Sweet & Sour Sauce.
 0g Trans Fat - No MSG*



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

Thaw unopened sauce packet in warm water for approximately 5 minutes.

Shelf Life: 18 months @ 0°Fahrenheit

MEAL INGREDIENTS:

CHICKEN INGREDIENTS: Chicken Breast 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.

SAUCE INGREDIENTS: Sugar, Water, Vinegar, Pineapple Juice Concentrate, Tomato Paste, Corn Starch, Salt, Onion Powder, Garlic Powder, Extractives of Paprika, Vegetable Juice Color.

ALLERGENS: Contains Egg and Wheat.

Nutrition Facts

Serving Size 100 (100g)
 Servings Per Container

Amount Per Serving	Tempura Chicken	with Sauce
Calories	230	220
Calories from Fat	70	50
% Daily Value**		
Total Fat 8g*	12%	9%
Saturated Fat 1.5g	8%	5%
Trans Fat 0g		
Cholesterol 35mg	12%	8%
Sodium 450mg	19%	15%
Total Carbohydrate 24g	8%	11%
Dietary Fiber 1g	4%	0%
Sugars 0g		
Protein 13g		

Vitamin A	0%	0%
Vitamin C	0%	2%
Calcium	0%	0%
Iron	6%	6%

*Amount in Tempura Chicken, with Sauce contributes an additional 9 g Total Carbohydrate (16 g Sugars).

**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

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

Pack Facts:

Piece per Pound:	Approx: 40
Protein Pack:	2/4lb Poly Bags
Sauce Pack:	4/1lb Poly Bags
Case Net Wt (Lbs):	12
Case Gross Wt (Lbs):	13.5
Case Dimensions:	17.9" x 12.1" x 4.35"
Cases/Pallet Layer:	8
Layers/Pallet:	14
Cases /Pallet:	112
Case Cube:	.57 cf