

B and D Foods

Royal Tempura Chicken with General Tso's Sauce Meal Kit

Item Number: A-6102
 UPC: 037483090013
 GTIN: 00037483090013

**FULLY COOKED
 FULLY BAKEABLE**

*Chicken breast meat, cut, marinated, coated in a non-seasoned tempura batter and fully cooked in vegetable oil, with a General Tso's 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

Each 5.00 oz serving (by weight) of chicken with sauce provides 1.00 oz equivalent meat and 1.00 oz equivalent grains (enriched)

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, Soy Sauce (Water, Wheat, Soybeans, Salt, Alcohol, Vinegar, Lactic Acid), Sake (Water, Rice, Salt), Corn Starch, Vinegar, Sesame Seeds, Soybean Oil, Spices, Garlic Powder, Natural Flavor, Xanthan Gum, Lactic Acid.

ALLERGENS: Contains Egg, Wheat and Soy.



Nutrition Facts

Serving Size (100g)
 Servings Per Container

Amount Per Serving	Tempura Chicken	with Sauce
Calories	230	230
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%	20%
Total Carbohydrate 24g	8%	11%
Dietary Fiber 1g	4%	4%
Sugars 0g		

Protein 13g		
Vitamin A	0%	2%
Vitamin C	0%	0%
Calcium	0%	2%
Iron	6%	6%

*Amount in Tempura Chicken, with Sauce contributes an additional 40 mg Sodium, 10 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:	4/2lb 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