B and D Foods

Royal Tempura Chicken

Item Number: A-4615

UPC: 037483046157
GTIN: 00037483046157

FULLY COOKED
FULLY BAKEABLE

Chicken white meat, cut, marinated, coated in a non-seasoned tempura batter and fully cooked in vegetable oil. 0g Trans Fat - No MSG Added

Each 4.00 oz service (by weight) of Tempura Chicken provides 1.25 oz. equivalent meat and 1.25 oz equivalent grains (enriched).

Preparation Instructions:

Method	Temp	Time from Frozen
Deep Fry	350°	2-3 Minutes
Conventional Oven	400°	10-12 Minutes
Convection Oven	425°	8-10 Minutes

Shelf Life: 18 months @ 0°Fahrenheit

INGREDIENTS: Chicken White 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.

Contains Wheat, Eggs.

Nutrition Facts

Serving Size (100g)
Servings Per Container

Amount Per Serving

Calories 230	Calories from Fat 70
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 35mg	**12%**
Sodium 450mg	**19%**
Total Carbohydrate 24g	**8%**
Dietary Fiber 1g	**4%**
Sugars 0g	
Protein 13g	

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

*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.

Pack Facts:

Piece per Pound:	Approx: 40
Pack:	2/5-pound poly bags
Case Net Wt (Lbs):	10
Case Gross Wt (Lbs):	11.5
Case Dimensions:	16¼ ×10¼ ×5 ½
Cases/Pallet Layer:	10
Layers/Pallet:	13
Cases /Pallet	130
Case Cube:	.53 cf

B and D Foods - 3494 S TK Ave, Boise, ID 83705 - (208) 344-1183 - www.banddfoods.com

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