

# B and D Foods

## Royal Tempura Chicken

Fully Cooked Tempura ABF Chicken Breast

Item Number: A-4621-10#

Brand: Royal

UPC: 037483046218

GTIN: 00037483046218

**FULLY COOKED  
FULLY BAKEABLE**

*Contains chicken breast meat from chickens raised with no antibiotics ever, cut, marinated, coated in a non-seasoned tempura batter and fully cooked by frying in vegetable oil.  
0g Trans Fat - No MSG Added*

### 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 FROM CHICKENS RAISED WITHOUT ANTIBIOTICS AND FED A VEGETARIAN DIET, WATER, BLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMINE MONOITRATE, 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 90

% Daily Value\*

**Total Fat 10g**                      **15%**

    Saturated Fat 1g                      **5%**

    Trans Fat 0g

**Cholesterol 30mg**                      **10%**

**Sodium 310mg**                          **13%**

**Total Carbohydrate 23g**              **8%**

    Dietary Fiber 2g                      **8%**

    Sugars 0g

**Protein 11g**

Vitamin A 0%                      • Vitamin C 0%

Calcium 0%                      • Iron 4%

\*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 × 5½
Cases/Pallet Layer:	10
Layers/Pallet:	13
Cases /Pallet:	130
Case Cube:	.53 cf