

## Royal Tempura Popcorn Chicken

Item Number: A-4624-10#  
Brand: Royal

UPC: 037483046249  
GTIN: 00037483046249

**FULLY COOKED  
FULLY BAKEABLE**

*Chicken breast meat, cut, marinated, coated in a non-seasoned tempura batter and fully cooked 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, Water, Wheat Flour, Corn Starch, Potato Starch, Contains less than 2%: Cream of Tartar, Egg White Powder, Garlic Powder, Rice Flour, Salt, Sodium Bicarbonate, Wheat Starch. Fully Cooked in Vegetable Oil.

**Contains Egg and Wheat.**

### 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: 55
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