B and D Foods

Royal Tempura Popcorn Chicken

Item Number: A-4624

UPC: 037483046249
GTIN: 00037483046249

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.

Preparation Instructions:

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

Shelf Life: 24 months @ 0°Fahrenheit

INGREDIENTS: Chicken White 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

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Revised 11/21/2025