B and D Foods

# Royal Tempura Dark Meat

*Fully Cooked Tempura Chicken Dark meat*

Item Number: A-4716

Brand: Royal

UPC: 037483047161

GTIN: 00037483047161

**FULLY COOKED**
**FULLY BAKEABLE**

*Chicken dark 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 1.00 oz. equivalent meat and 1.25 oz equivalent grains (enriched).*

## Nutrition Facts

Serving Size (100g)
Servings Per Container

| Amount Per Serving | |
|---|---|
| **Calories** 230 | Calories from Fat 100 |
| | **% Daily Value*** |
| **Total Fat** 11g | **17%** |
| Saturated Fat 1g | **5%** |
| Trans Fat 0g | |
| **Cholesterol** 35mg | **12%** |
| **Sodium** 590mg | **25%** |
| **Total Carbohydrate** 22g | **7%** |
| Dietary Fiber 0g | **0%** |
| Sugars 0g | |
| **Protein** 14g | |

Vitamin A 0% • Vitamin C 2%

Calcium 2% • Iron 10%

*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.

## 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 Dark 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: Egg and Wheat.

## Pack Facts:

| | |
|---|---|
| Piece per Pound: | Approx: 46 |
| 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 |