THE EXCELLENT NUGGET
Bell&Evans
AIR CHILLED
BEST BY 08/03/13 18:48
UNCOOKED
FOR SAFETY, THIS PRODUCT MUST BE COOKED TO AN INTERNAL TEMPERATURE OF 170° F. AS MEASURED BY USE OF A MEAT THERMOMETER.
BREADED
CHICKEN BREAST
NUGGETS
FLAVOR AND MOISTURE ASSURED
WITH UP TO 6% MARINADE
ms-10-2-7
WHOLE BREAST MEAT PIECES!
RAISED WITHOUT ANTIBIOTICS
Gluten Free
NET WT 12 oz (340g)
PER SERVING
190 CALORIES
1g SAT FAT 5% DV
470mg SODIUM 20% DV
1g SUGARS
20g PROTEIN 40% DV
KEEP FROZEN
SERVING SUGGESTION
INSPECTED U.S. DEPARTMENT OF AGRICULTURE P-516

Nutrition Facts

Serving Size 4oz (113g)
Servings Per Container 3

Amount Per Serving		
Calories 190	Calories from Fat 60	
		% Daily Value*
Total Fat	7g	**11%**
Saturated Fat	1g	**5%**
Trans Fat	0g	
Cholesterol	50mg	**17%**
Sodium	470mg	**20%**
Potassium	300mg	**9%**
Total Carbohydrate	13g	**4%**
Dietary Fiber	1g	**4%**
Sugars	1g	
Protein	20g	

Vitamin A	2% •	Vitamin C	0%
Calcium	2% •	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
Sat 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 • Carbohydrates 4 • Protein 4

INGREDIENTS:

Chicken Breast Meat, Water, Sea Salt. Breaded with Rice Flour, Water, Degermed Yellow Corn Flour, Xanthan Gum, Evaporated Cane Juice, Sea Salt, Soybean Oil, Yeast, Ascorbic Acid, Whole Egg, Spice, Garlic Powder, Onion Powder. *Flash fried in soybean oil to set breading.*

ALLERGEN INFORMATION:
Contains Egg.

ScottsChickenBlog.com and bellandevans.com

All Vegetable Diet

Our pampered poultry are free to roam in their climate-controlled houses. They thrive on our specially-formulated all vegetable diet of corn, extruded and expeller-pressed soybeans.

THE AIR CHILLED DIFFERENCE

What AIR CHILLED means for you.

Since we do not depend on chlorinated ice water for chilling, there is *NO RETAINED WATER...* in our chicken or in our packaging.

Raised without Antibiotics

Our chickens receive NO ANTIBIOTICS or growth hormones† in their feed, their water, or even in ovo... ever.

† Federal law prohibits the use of artificial hormones in poultry.

SAFE HANDLING INSTRUCTIONS

THIS PRODUCT WAS PREPARED FROM INSPECTED AND PASSED MEAT AND/OR POULTRY. SOME FOOD PRODUCTS MAY CONTAIN BACTERIA THAT COULD CAUSE ILLNESS IF THE PRODUCT IS MISHANDLED OR COOKED IMPROPERLY. FOR YOUR PROTECTION, FOLLOW THESE SAFE HANDLING INSTRUCTIONS.

KEEP FROZEN.

KEEP RAW MEAT AND POULTRY SEPARATE FROM OTHER FOODS. WASH WORKING SURFACES (INCLUDING CUTTING BOARDS), UTENSILS, AND HANDS AFTER TOUCHING RAW MEAT OR POULTRY.

COOK THOROUGHLY.

KEEP HOT FOODS HOT. REFRIGERATE LEFT-OVERS IMMEDIATELY OR DISCARD.

Families Feeding Families Since the 1890s

SUGGESTED COOKING INSTRUCTIONS

Bake: Preheat oven to 375°F. Spread frozen Nuggets on a baking sheet and bake for a total of 25-30 minutes.

Pan Fry: Heat vegetable oil (1/8") in skillet until hot. Fry Nuggets in the hot oil over medium heat 10 minutes, turning over after 5 minutes. Nuggets should be golden brown on both sides.

Microwave: Not recommended.

KEEP FROZEN. READY TO COOK.

Boxed Breaded Nuggets are uncooked.
For safety, this product must be cooked to an internal temperature of 170°F as measured by the use of a meat thermometer. Cooking times may vary.

TO LEARN MORE ABOUT BELL & EVANS

No Antibiotics to Raise Our Chickens
No Animal By-Products to Feed Our Chickens
No Preservatives
No Artificial Flavorings
No Fillers or Extenders
NO KIDDING!
JUNK

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For more recipes, visit: bellandevans.com/recipe • PREPARED FOR BELL & EVANS • FREDERICKSBURG, PA 17026 • PRODUCT OF USA

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Gluten Free

BREADED

CHICKEN BREAST

NUGGETS

FLAVOR AND MOISTURE ASSURED WITH UP TO 6% MARINADE

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AIR-CHILLED