
RESEALABLE FOR FRESHNESS
CHICKEN RAISED WITH
NO ADDED
HORMONES OR STEROIDS**
Tyson
100%
ALL NATURAL*
INGREDIENTS
MADE WITH
WHITE MEAT
CHICKEN
FULLY COOKED
FUN
NUGGETS
BREADED SHAPED CHICKEN PATTIES
0g Trans Fat PER SERVING
No Fillers
WHOLE
GRAIN
8 grams
per serving
WholeGrainsCouncil.org
SERVING
SUGGESTION
*Minimally processed
No artificial ingredients
**Federal regulations prohibit the use of
added hormones or steroids in chicken
KEEP FROZEN
INSPECTED
U.S.
NET WT. 29 OZ (1.81 LB) 822g


Tyson
FULLY COOKED
FUN NUGGETS
BREADED SHAPED CHICKEN PATTIES
Nutrition Facts
About 11 servings per container
Serving size 4 pieces (77g)
Amount per serving
Calories 180
% Daily Value*
Total Fat 11g 14%
Saturated Fat 2.5g 13%
Trans Fat 0g
Polyunsaturated Fat 4g
Monounsaturated Fat 3.5g
Cholesterol 35mg 12%
Sodium 410mg 18%
Total Carbohydrate 10g 4%
Dietary Fiber 1g 4%
Total Sugars 0g
Includes 0g Added Sugars 0%
Protein 11g 22%
Vit. D 0mcg 0% • Calcium 6mg 0%
Iron 0.9mg 6% • Potas. 200mg 4%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
DISTRIBUTED BY: TYSON SALES AND DISTRIBUTION, INC.
SPRINGDALE, AR 72762 USA 800-233-6332
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INGREDIENTS: Chicken, water, whole wheat flour, wheat flour, contains 2% or less of the following: corn starch, dried garlic, dried onion, dried yeast, extractives of paprika (color), natural flavoring, salt, soybean oil, spice, sugar, yellow corn flour. Breading set in vegetable oil.
CONTAINS: WHEAT.
HEATING INSTRUCTIONS
CONVENTIONAL OVEN Preferred method.
1. Preheat oven to 350°F.
2. Place frozen nuggets on baking sheet.
3. Heat 9 to 11 minutes.
MICROWAVE
1. Arrange frozen nuggets on microwave safe plate.
2. Heat on HIGH:
5 nuggets for 1 to 1 1/2 minutes,
10 nuggets for 2 to 2 1/2 minutes,
15 nuggets for 2 1/2 to 3 minutes.
Do not overheat.
3. Let stand 1 to 2 minutes before serving.
Appliances vary. Heating times approximate.
RECIPE SUGGESTIONS
DINOSAUR PIZZA BAKE
6 Servings
18 to 24 Tyson® Fun Nuggets
1 (15 oz.) can pizza sauce (about 1 1/2 cups)
3/4 cup favorite pizza toppings (i.e. chopped red onion, yellow or green peppers, jarred mushrooms, etc)
1/4 teaspoon oregano, optional
1/3 cup mozzarella cheese, shredded
1. Heat oven to 400°F.
2. Spray pie plate or shallow dish with nonstick spray. Combine pizza sauce, toppings and oregano in prepared dish; mix lightly. Bake 5 minutes.
3. Place nuggets on baking sheet in oven next to sauce; bake 6 minutes.
4. Turn nuggets over and sprinkle cheese over sauce. Bake 4 to 6 minutes or until nuggets and sauce are hot and cheese melts.
5. Place nuggets on top of pizza mixture or spoon sauce onto nuggets when serving.
IN TOUCH WITH TYSON
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