

Nutrition Facts

Serving Size 3 oz (85g) Servings Per Container about 3.5

Amount Per Serving Calories 200 Calories from Fat 30

Outorico	monnt area
%	Daily Value*
Total Fat 3.5g	6%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 35mg	11%
Sodium 1030mg	43%
Total Carbohydrate	26g 9%
Dietary Fiber 1g	5%
Sugars 0g	
Protein 16g	

Vitamin A 0% . Vitamin C 0% Calcium 2% • Iron 8%

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

2 000

Total Fat	Less than	65q	80g
Sat Fat	Less than	200	250
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fibe	BF .	25g	30g

INGREDIENTS: CHICKEN STRIPS (CHICKEN BREAST WATER, NORTHEIR S. PHOSPHATE, SODIUM POUPPHOSPHATE, SODIUM PHOSPHATE, TO RETAIN MOJETURE, SATU, SATER WATER, BLEACHED WHEAT, FLOUR, SALT, MODIFIED CORNISTARCH, GARLLIC POWDER, ONION POWDER, VELLOW CORN FLOUR, SPICES, LEAVENING (SODIUM BICARBONATE, SODIUM ACID PYROPHOSPHATE. MONOCALCIUM PHOSPHATEL SPICE EXTRACTIVE, MALTODEXTRIN, VINEGAR, NOT MORE THAN 2'S, SILICON DIOXIDE ALOED TO PREVENT CAKING), BREADER (BLEACHED WHEAT FLOUR, SALT, SPICE, GARLIC POWDER, EXTRACTIVES OF PAPRIKA), PRE-DUST (WHEAT FLOUR, SALT, MODIFIED CORNSTARCH, WHEAT GLUTEN, SPICES, EGG WHITES, DEXTROSE, GARLIC POWDER, SOYBEAN OIL (AS PROCESSING AID), MALTODEXTRIN, YELLOW CORN FLOUR, VINEGAR, SPICE EXTRACTIVE, EXTRACTIVES OF PAPRIKA AND TURMERIC, NOT MORE THAN 2% SILICON DIOXIDE ADDED TO PREVENT CAKING), FRIED IN SOYBEAN OIL CONTAINS: EGG, WHEAT.

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COOKING INSTRUCTIONS

CONVENTIONAL OVEN:

Preheat oven to 400°F and arrange strips on a non-stick baking sheet. Bake for 15 to 18 minutes or until an internal temperature of 165°F is reached.

CAUTION: CHICKEN STRIPS CAN BE VERY HOT AFTER HEATED.