



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



WHOLE BREAST MEAT PIECES!

RAISED WITHOUT ANTIBIOTICS

Gluten Free

NET WT 12 oz (340g)

PER SERVING

190
CALORIES

1g
SAT FAT
0% DV

470mg
SODIUM
20% DV

1g
SUGARS

20g
PROTEIN
40% DV

KEEP FROZEN
SERVING SUGGESTION



BEST BY 03/25/16 10:46

Nutrition Facts

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

Amount Per Serving

Calories 190 Calories from Fat 80
% 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	Less than	300g	375g
Dietary Fiber	Less than	25g	30g

Calories per gram:

Fat 9 • Carbohydrates 4 • Protein 4

INGREDIENTS:

Chicken Breast Meat, Water, Sea Salt, Breaded with Rice Flour, Water, Degraded 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 hormones¹ in their feed, their water, or even in ovo... ever.

¹ 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.

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

JUNK



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