



POPCORN CHICKEN

UNCOOKED BREADED SEASONED CUTLETES

HEATING DIRECTIONS: (From Frozen) Preheat oven to 425F. Place frozen portions on a baking sheet and cook on middle rack for 12 to 14 minutes. Turn halfway through cooking time.

Ingredients: CHICKEN BREAST, ENRICHED WHEAT FLOUR, WATER, TOASTED WHEAT CRUMBS, TEXTURED SOY PROTEIN, WHEAT STARCH, SALT, SOY PROTEIN ISOLATE (WITH SOY LECITHIN), SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE, WHEAT GLUTEN, POTASSIUM CHLORIDE, ONION POWDER, PALM OIL SHORTENING, POTATO MALTODEXTRIN, CORN DEXTRIN, BAKING POWDER, MODIFIED CELLULOSE, SODIUM PHOSPHATE, GARLIC POWDER, HYDROLIZED SOY AND CORN PROTEIN, YELLOW CORN FLOUR, GUAR GUM, ALUMINUM SULFATE, COLOUR, SUGAR, DEXTROSE. BROWNED IN CANOLA OIL.

CONTAINS: SOY, WHEAT

MAY CONTAIN: SESAME, MILK, EGGS, FISH, CRUSTACEANS, SHELLFISH, MUSTARD, SULFATES

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KITCHENER ON N2C 2M3



Nutrition Facts

Valeur nutritive

Per 100g (10 pieces)
pour environ 100g (10 morceaux)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 260	
Fat / Lipides 14g	22%
Saturated / saturés 1.5g	8%
Trans Fat / trans 0g	
Cholesterol / Cholestérol 20mg	
Sodium / Sodium 680mg	28%
Carbohydrate / Glucides 24g	8%
Fibre / Fibres 2g	8%
Sugars / Sucres 3g	
Protein / Protéines 11g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	4%
Iron / Fer	15%