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FOODS  
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## 6367114 Century Fully Cooked Breaded 9cut Chicken Pieces (Spicy)



### Nutrition Facts Valeur nutritive

Per Approx. 1/2 rib or thigh; or 1 drum or wing (100 g)  
pour Environ 1/2 poitrine ou haut; ou 1 pilon ou aile (100 g)

<b>Calories 210</b>	<b>% Daily Value*</b> <b>% valeur quotidienne*</b>
<b>Fat / Lipides 13 g</b>	<b>17 %</b>
Saturated / saturés 3 g	
+ Trans / trans 0.1 g	<b>16 %</b>
<b>Carbohydrate / Glucides 9 g</b>	
Fibre / Fibres 0 g	<b>0 %</b>
Sugars / Sucres 0 g	<b>0 %</b>
<b>Protein / Protéines 14 g</b>	
<b>Cholesterol / Cholestérol 50 mg</b>	<b>17 %</b>
<b>Sodium 650 mg</b>	<b>28 %</b>
Potassium 150 mg	<b>3 %</b>
Calcium 20 mg	<b>2 %</b>
Iron / Fer 1 mg	<b>6 %</b>

\* 5 % or less is **a little**, 15 % or more is **a lot**

\* 5 % ou moins c'est **peu**, 15 % ou plus c'est **beaucoup**

**Ingredients:** Cut-up whole chicken pieces [wing, drumstick, back attached thigh (may contain kidneys), breast with rib attached, keel breast], Water, Salt, Sodium phosphate, Modified potato starch, Onion powder, Sugar, Garlic powder, Spice, Flavour, Maltodextrin, Lemon juice solids. Batter and breaded with: Wheat flour, Water, Wheat gluten, Canola oil, Salt, Modified corn starch, Spice, Garlic powder, Baking powder, Egg white powder (bakers yeast, citric acid), Sodium bicarbonate, Sugars (dextrose), Natural flavour, Soy protein product, Caramel, Modified milk ingredients. CONTAINS: Wheat, Egg, Milk, Soy. MAY CONTAIN: Sulphites.

**COOKING INSTRUCTIONS:** COOK FROM FROZEN :  
Preheat oven to 375°F (190°C). Cook skin side up for 20-25 minutes. Until desired crispness is reached. Do not flip product. Deep fry in oil at 350°F (175°C) for ~13 minutes for rib and thigh, and ~11 minutes for wing, keel and drum. Product must reach an internal temperature of 165°F (74°C)