



**JD·SWEID**  
**FOODS**  
*since 1917*

**4395602: Century Breaded 4oz Chicken Cordon**



**INGREDIENTS:** CHICKEN BREAST, WATER, SALT. **FILLING:** COOKED HAM, PROCESSED SWISS CHEESE. IN A BATTER AND BREADING OF TOASTED WHEAT CRUMBS WITH SPICES, WATER, MODIFIED CORN STARCH, ENRICHED WHEAT FLOUR, YELLOW CORN FLOUR, CORN STARCH, SOY PROTEIN ISOLATE (WITH SOY LECITHIN), SALT, BAKING POWDER, SOYBEAN OIL SHORTENING, DEFATTED SOY FLOUR, MILK INGREDIENTS, DRIED EGG WHITE, DEXTROSE, GUAR GUM. BROWNED IN CANOLA OIL.

**COOKING INSTRUCTIONS:** *PREHEAT OVEN TO 375°F AND BAKE FOR APPROXIMATELY 35-40 MINUTES, OR UNTIL FULLY COOKED. PRODUCT MUST REACH AN INTERNAL TEMPERATURE OF 165°F (74°C).*

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Serving Size (118 g) / Portion (118 g)	
Servings Per Container	
Portions par contenant	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories 230</b>	
<b>Fat / Lipides 10 g</b>	<b>15 %</b>
Saturated / saturés 3 g	
+ Trans / trans 0.2 g	<b>16 %</b>
<b>Cholesterol / Cholestérol 45 mg</b>	<b>15 %</b>
<b>Sodium / Sodium 710 mg</b>	<b>30 %</b>
<b>Carbohydrate / Glucides 16 g</b>	<b>5 %</b>
Fibre / Fibres 1 g	<b>4 %</b>
Sugars / Sucres 0 g	
<b>Protein / Protéines 17 g</b>	
Vitamin A / Vitamine A	2 %
Vitamin C / Vitamine C	2 %
Calcium / Calcium	10 %
Iron / Fer	8 %