



JD·SWEID
FOODS
since 1917

4395604: EP C&F Breaded Chicken Divan 4OZ/PC 1.36KG



Nutrition Facts
Valeur nutritive

Serving Size (118 g)
 Portion (118 g)

| Amount Teneur | % Daily Value % valeur quotidienne |
|--|---------------------------------------|
| Calories / Calories 220 | |
| Fat / Lipides 11 g | 17 % |
| Saturated / saturés 3 g | |
| + Trans / trans 0.2 g | 16 % |
| Cholesterol / Cholestérol 40 mg | 13 % |
| Sodium / Sodium 520 mg | 22 % |
| Carbohydrate / Glucides 16 g | 5 % |
| Fibre / Fibres 1 g | 4 % |
| Sugars / Sucres 1 g | |
| Protein / Protéines 16 g | |
| Vitamin A / Vitamine A | 4 % |
| Vitamin C / Vitamine C | 15 % |
| Calcium / Calcium | 10 % |
| Iron / Fer | 8 % |

INGREDIENTS: CHICKEN BREAST MEAT, WATER, TOASTED WHEAT CRUMBS, SOY PROTEIN ISOLATE, SALT, SPICES, GARLIC POWDER, ONION POWDER. **FILLING:** BROCCOLI, CHEDDAR CHEESE, MOZZARELLA CHEESE, LEMON JUICE FROM CONCENTRATE (WATER, CONCENTRATED LEMON JUICE, LEMON OIL), SPICES. **IN A BATTER AND BREADING OF:** TOASTED WHEAT CRUMBS WITH SPICES, WATER, YELLOW CORN FLOUR, CANOLA OIL, CORN STARCH, WHEAT FLOUR, SALT, SOY PROTEIN ISOLATE, DEXTROSE, GUAR GUM.

COOKING INSTRUCTIONS: PREPARE FROM FROZEN. DO NOT THAW. PREHEAT OVEN TO 375°F (190°C). BAKE FOR APPROXIMATELY 30-35 MINUTES, OR UNTIL FULLY COOKED. PRODUCT MUST REACH AN INTERNAL TEMPERATURE OF 165°F (74°C).