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FOODS
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6387151: Century Fully Cooked Breaded Chicken Breast Bites 3.6kg



Nutrition Facts					
Valeur nutritive					
Per	3 pieces (90g)				
Pour	3 morceaux (90g)				
Calories	210	% Daily Value *			
		% valeur quotidienne			
Fat / Lipides	10 g				15 %
	Saturated / saturés 1 g				6 %
	+ Trans / trans 0 g				
Carbohydrate / Glucides	15 g				5 %
	Fibre / Fibres 1 g				4 %
	Sugars / Sucres 0 g				0 %
Protein / Protéines	14 g				
Cholesterol / Cholestérol	35 mg				
Sodium	780 mg				33 %
Vitamin A / Vitamine A					0 %
Vitamin C / Vitamine C					6 %
Calcium / Calcium					0 %
Iron / Fer					10 %
* 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: Chicken breast pieces, water, salt, modified corn starch, soy protein isolate, monosodium glutamate, sodium phosphate, garlic powder, onion powder, flavour (contains chicken fat & broth), spice. In a breading of wheat flour, water, canola oil, salt, wheat gluten, soy flour, baking powder, monosodium glutamate, natural flavour (contain chicken fat & broth), spice, sodium acid pyrophosphate, sodium bicarbonate, onion powder, dextrose, and soy sauce powder (soybeans, wheat, salt), hydrogenated soybean & cottonseed oil.

Cooking Instructions:

Oven: Preheat oven to 425°F (218°C). Bake for 16-18 minutes, or until product reaches an internal temperature of 74°C. Can bake longer if extra crispiness is desired.

Deep Fry: Preheat oil to 350°F (180°C). Deep fry for 4-5 minutes, or until product reaches an internal temperature of 74°C

Poultry must reach a minimum internal temperature of 165°F (74°C)

Perishable. KEEP FROZEN. Store at or below 0°F (-18°C)