



Classic Chicken Tenders (Random pcs.)

Ingredients

Chicken breast, Water, Salt, Sodium phosphate, Potassium chloride, Toasted wheat crumbs with spices, Wheat flour, Onion Powder, Canola and /or Soya oil ,Garlic powder, Yellow corn flour, Corn starch, Dextrose, Guar Gum, High monounsaturated vegetable oil [canola &/or soybean & or sunflower seed], Hydrogenated soybean oil, Silicon dioxide [mfg aid]

May contain Egg

Nutrition

Nutrition Facts Valeur nutritive

Per approx 3 pieces (133g)
Pour environ 3 piece (133g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 230	
Fat / Lipides 7 g	10 %
Saturated / saturés 4.5 g + Trans / trans 0 g	23 %
Cholesterol / Cholestérol 50 mg	
Sodium / Sodium 570 mg	24 %
Carbohydrate / Glucides 25 g	8 %
Fibre / Fibres 1 g	5 %
Sugars / Sucres 1 g	
Protein / Protéines 19 g	
Vitamin A / Vitamine A	2 %
Vitamin C / Vitamine C	2 %
Calcium / Calcium	2 %
Iron / Fer	10 %

Cooking instructions

DEEP FRYING: Deep fry at 360F (177C) for 6-8min. Cook from a frozen state until a minimum internal temperature of 165F (74C) is reached.

CONVENTION OVEN: Place portions on shallow baking pan in centre of a pre-heated 400F (200C) oven. Bake for 20 minutes.



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