



JD·SWEID
FOODS
since 1917

4395602: Breaded 4oz Chicken Cordon 1.36kg



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).

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