



JD·SWEID
FOODS
since 1917

6327142: Century 20-30gr Breaded Chicken Tenders 4kg



Nutrition Facts

Valeur nutritive

Serving Size (100 g) / Portion (100 g)

Amount % Daily Value
Teneur % valeur quotidienne

Calories / Calories 240

Fat / Lipides 12 g 18 %

Saturated / saturés 2 g 11 %
+ Trans / trans 0.1 g

Cholesterol / Cholestérol 20 mg 7 %

Sodium / Sodium 880 mg 37 %

Carbohydrate / Glucides 23 g 8 %

Fibre / Fibres 1 g 4 %

Sugars / Sucres 1 g

Protein / Protéines 11 g

Vitamin A / Vitamine A 0 %

Vitamin C / Vitamine C 0 %

Calcium / Calcium 2 %

Iron / Fer 10 %

INGREDIENTS: CHICKEN TENDERS, WATER, SALT, FLAVOUR (SOY PROTEIN ISOLATE), SODIUM PHOSPHATE, GARLIC POWDER, ONION POWDER, SPICE, VEGETABLE OIL SHORTENING, MONOSODIUM GLUTAMATE. IN A BATTER AND BREADING OF WHEAT FLOUR, WATER, CANOLA OIL, SALT, WHEAT GLUTEN, SOY PROTEIN, BAKING POWDER, EGG WHITE POWDER (BAKER'S YEAST, CITRIC ACID), VEGETABLE OIL SHORTENING, SODIUM ACID PYROPHOSPHATE, MONOSODIUM GLUTAMATE, SODIUM BICARBONATE, SKIM MILK POWDER, DEXTROSE, CARAMEL, SPICE, FLAVOUR.

COOKING INSTRUCTIONS: COOK FROM FROZEN

Preheat oven to 425°F (218°C). Cook tenders for 15 minutes on a baking tray lined with parchment paper. Flip and continue cooking for another 5 to 7 minutes to desired crispness. Product must reach and internal temperature of 165°F (74°C).