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FOODS
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4327115 Breaded Seasoned Boneless Chicken Breast Strips (Uncooked) 4kg



**Nutrition Facts
Valeur nutritive**

Per 2 pieces (140 g) / par * (140g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 280	
Fat / Lipides 12 g	18 %
Saturated / saturés 1 g + Trans / trans 0 g	5 %
Cholesterol / Cholestérol 45 mg	
Sodium / Sodium 660 mg	27 %
Carbohydrate / Glucides 23 g	8 %
Fibre / Fibres 1 g	4 %
Sugars / Sucres 3 g	
Protein / Protéines 21 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	10 %

INGREDIENTS: CHICKEN, WATER, SALT, GARLIC POWDER, ONION POWDER, SPICE. IN A BATTER AND BREADING OF WATER, TOASTED WHEAT CRUMBS, CORN FLOUR, WHEAT FLOUR, MODIFIED CORN STARCH, SALT, DEXTROSE, BAKING POWDER. BROWNED IN VEGETABLE OIL.

COOKING INSTRUCTIONS

Times and temperatures may vary. Cook thoroughly to achieve a minimum internal temperature of 74°C (165°F). Recommended cooking times are from frozen.

OVEN: Preheat to 204°C (400°F). Place on baking sheet and bake on middle rack for approximately 22 to 27 minutes.

DEEP FRY: Preheat to 177°C (350°F). Cook for approximately 4 to 5 minutes.