



# Chicken, FC CN Whole Grain Breaded Shamrock Shaped Breast Nuggets; Seasonal



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Product Last Saved Date:23 February 2016

## Nutrition Facts

Serving Size: 94 GR

Number of Servings per Package: 48

### Amount Per Serving

Calories: 250      Calories from Fat: 130

### % Daily Value\*

<b>Total Fat</b>	14 g	22%
Saturated Fat	3.5 g	18%
Trans Fat	0 g	
<b>Cholesterol</b>	35 mg	12%
<b>Sodium</b>	350 mg	15%
<b>Total Carbohydrate</b>	15 g	5%
Dietary Fiber	2 g	8%
Sugars	1 g	

**Protein** 14 g

<b>Vitamin A</b>	Per Srv	0%	<b>Vitamin C</b>	Per Srv	0%
<b>Calcium</b>	2%		<b>Iron</b>	8%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram

Fat 9      Carbohydrate 4      Protein 4

## Product Specifications:

Man Prod Code	Dist Prod Code	GTIN	Pack	Pack Description
5639		10038034563908	1 X 1 X 10 LB	

Brand	Brand Owner	GPC Description
Brakebush(R)	BRAKEBUSH BROTHERS INC.	Chicken - Prepared/Processed

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
10.68 LB	10 LB	USA	No	Yes

## Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
13.5 IN	8.63 IN	9.25 IN	0.62365 CF	15x7	360 Days	0 FA / 0 FA

## Ingredients :

INGREDIENTS: BONELESS CHICKEN BREAST WITH RIB MEAT, WATER, ISOLATED SOY PROTEIN, SEASONING (MODIFIED CORN STARCH, DEHYDRATED GARLIC, DEHYDRATED ONION, MALTODEXTRIN, SALT, NATURAL FLAVOR, SPICE EXTRACTIVES), SALT, SODIUM PHOSPHATES, BREADED WITH WHOLE WHEAT FLOUR, WHOLE GRAIN YELLOW CORN FLOUR, WATER, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BROWN SUGAR, WHEAT GLUTEN, SOYBEAN OIL, SALT, DRIED ONION, DRIED GARLIC, CORN STARCH, POTASSIUM CHLORIDE, SPICES, DRIED YEAST, CITRIC ACID, SUGAR, PAPRIKA EXTRACT (COLOR), TURMERIC EXTRACT (COLOR).

## Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):

Eggs - N	Milk - N	Peanuts - N
Soy - C	Wheat - C	TreeNuts - N
Fish - N	Crustacean - N	Nuts - N

## Handling Suggestions :

Keep frozen

## Benefits :

5639-CN Fully Cooked Whole Grain Breaded Shamrock Shaped Chicken Breast Patties with Rib Meat  
Three 1.10 oz. shamrock patties provide 2 oz. meat/meat alternate and 1.25 oz. equivalent grains.  
CN label number 090766

## Serving Suggestions :

For recipe ideas contact your Brakebush Sales Representative or call 800-933-2121.

## Prep & Cooking Suggestions :

PREPARATION: COOK TO A MINIMUM OF 165° F. BAKE IN SINGLE LAYER IN PREHEATED CONVECTION OVEN AT 350°F. FOR 8-10 MIN. BAKE IN SINGLE LAYER IN PREHEATED CONVENTIONAL OVEN AT 400°F FOR 12-15 MIN. DEEP FRY AT 350°F FOR 2-4 MIN. MICROWAVE ON HIGH ABOUT 1-3 MIN. PER SERVING, TURNING ONCE. ADJUST TIMES TO QUANTITY BEING COOKED AND EQUIPMENT USED. DO NOT OVERCOOK.

## More Information :

For more information call 800-933-2121