

Chicken Tenders

Nutrition Facts

Serving Size 3-4 pieces (100g)

Servings Per Container 1

Amount Per Serving

Calories 381 **Calories From Fat** 171

		% Daily Value*
Total Fat	19g	29%
Saturated Fat	3g	16%
Trans Fat	<1 g	0%
Cholesterol	31mg	10%
Sodium	620mg	26%
Total Carbohydrate	21g	7%
Dietary Fiber	1g	3%
Sugars	<1g	

Protein 15g

Vitamin A 18% ● Vitamin C 1%

Calcium 13% ● Iron 1%

*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	

Ingredients: Chicken Tenderloin Fritter (Chicken Tenderloin [containing: Water, Salt, Sodium Phosphates, Hydrolyzed Soy Protein, Dried Egg Whites, Wheat Gluten, Dried Whey], Breading [Enriched Wheat Flour, Yellow Corn Flour, Salt, Soybean Oil, Leavening, Disodium Inosinate, Disodium Guanylate, Water, Modified Food Starch, Leavening, Sodium Acid Pyrophosphate, Sodium Bicarbonate, Wheat Gluten, Egg Whites, Vegetable Oil]) Trans Fat- Free Frying Oil.

Allergy Information: Milk, Eggs, Wheat, Soybeans