

CHICKEN, DICED .5" WHITE & DARK MEAT COOKED IQF FROZEN NATURAL PROPORTIONS

Nutritional Facts			
Serving Size: 84 g (84g)			
Servings Per Container 1			
Amount per Serving			
Calories: 120			Calories from Fat: 25
			% Daily Value *
Total Fat: 2.5g			4%
Saturated Fat: 1g			5%
Trans Fat: 0g			
Cholesterol: 70mg			23%
Sodium: 75mg			3%
Total Carbohydrate: 0g			0%
Dietary Fiber: 0g			0%
Sugars: 0g			
Protein 25g			
Vitamin A:			0%
Vitamin C:			0%
Calcium:			0%
Iron:			6%
* 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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Additional Description:
IQF HALF INCH DICED, FULLY COOKED, 60%WHITE AND 40%DARK CHICKEN MEAT (NATURAL PROPORTION) .FOWL HAS STRONGER CHICKEN FLAVOR THAN FRYER MEAT. USING FULLY COOKED SAVES LABOR, TIME, AND REDUCES FOOD SAFETY RISKS INHERENT IN HANDLING RAW. ALL NATURAL.

Ingredients:
CHICKEN MEAT

Serving Suggestions:
GREAT FOR CHICKEN SALAD, SOUPS, CASSEROLES, CREAMED CHICKEN OR ALA KING.

Bernard **Teriyaki Glaze and Dipping Sauce Mix** prepares instantly by simply combining our quick and easy sauce mix with water, sugar and vinegar and allowing the sauce to stand for 10 minutes prior to serving. By using a mix that requires only the addition of low cost ingredients, huge savings can be realized when compared to the cost of using a bottled sauce product.

This thicker **Glaze and Dipping Sauce** can be used as glaze or marinade with Beef, Chicken, Pork and Seafood or combined with meat and vegetables in stir fry. Although Teriyaki Sauce is generally linked to Chinese cuisine, it has become a popular flavor in many American dishes.

CODE	PACK SIZE	PRODUCT DESCRIPTION	YIELD PER CASE
315043	8 @ 20 oz. Bags	Teriyaki Glaze and Dipping Sauce Mix	8 gallons

Nutrition Information

Product	Srvg. Size Prepared	Cal	Pro. gm	Fat gm	Sat. Fat gm	Trans Fat gm	Carb. gm	Sugar gm	Fiber gm	Chol mg	Ca mg	Fe mg	Na mg	K mg	Vit C mg	Vit A IU
ABBREVIATIONS: Amt = Amount; Srvg. Size = Serving Size; Cal = Calories; Pro. = Protein; Sat. Fat = Saturated Fat; Trans Fat = Trans Fatty Acid; Carb. = Carbohydrates; Chol = Cholesterol; Ca = Calcium; Fe = Iron; Na = Sodium; Vit C = Vitamin C; Vit A = Vitamin A																
Teriyaki Glaze & Dipping Sauce	4g Mix	15	.5	0	0	0	3	.5	0	0	10	.4	200	NA	0	0
	2 Tbsp. Prepared Sauce	20	.5	0	0	0	5	2	0	0	10	.4	200	NA	0	0

BROWN RICE

Nutrition Facts

Serving Size 1/4 cup dry (48g)
(About 1 cup cooked)
Servings Per Container About 8

Amount Per Serving

Calories 170 Calories from Fat 15

% Daily Value*

Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 100mg	3%
Total Carbohydrate 36g	12%
Dietary Fiber 2g	8%
Sugars 0g	

Protein 4g

Vitamin A 0%	•	Vitamin C 0%
Calcium 0%	•	Iron 2%
Thiamin 10%	•	Niacin 10%
Folate 4%		

*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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: WHOLE GRAIN PARBOILED BROWN RICE.