

CHICKEN, BREAST SINGLE LOBE 3.5 OZ BREADED FRITTER BONELESS-SKINLESS SEASONED

Nutritional Facts

Serving Size: 98 g (98gr)

Servings Per Container

Amount per Serving

Calories: 240

Calories from
Fat: 110

% Daily Value *

Total Fat: 13g 20%

Saturated Fat: 2g 10%

Trans Fat: 0g

Cholesterol: 45mg 15%

Sodium: 620mg 26%

Total Carbohydrate: 14g 5%

Dietary Fiber: 0g 0%

Sugars: 1g

Protein 18g

Vitamin A: 0%

Vitamin C: 0%

Calcium: 2%

Iron: 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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients:

BONELESS, SKINLESS, CHICKEN BREAST WITH RIB MEAT, WATER, SEASONING, [MALTODEXTRIN, SALT, SUGAR, CHICKEN STOCK, VEGETABLE STOCK {CARROT, ONION, CELERY}, FLAVORS, CARROT POWDER AND GARLIC POWDER], SODIUM PHOSPHATES, SALT, MODIFIED FOOD STARCH. BREADED WITH: BLEACHED WHEAT FLOUR, WATER, WHEAT FLOUR, SALT, WHEAT GLUTEN, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), SUGAR, YEAST EXTRACT, YELLOW CORN FLOUR, DEXTROSE, ONION POWDER, YEAST, GARLIC POWDER, EXTRACTIVES OF PAPRIKA, TURMERIC, AND ANNATTO, SPICE, DISODIUM INOSINATE AND DISODIUM GUANYLATE. BREADING SET IN VEGETABLE OIL.

Product: Cornmeal Kaiser 12

Label Description: Nickles 12 White Kaiser Buns

Kosher: Pareve

Allergens: **wheat, soy****Ingredients:**

Enriched wheat flour (wheat flour, barley malt, niacin, iron, thaimin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, yeast, soybean oil, contains 2% or less of the following: salt, wheat gluten, yeast nutrients (calcium sulfate, ammonium chloride), corn starch, dough conditioners (sodium stearoyl lactylate, monoglycerides, calcium peroxide), calcium propionate (preservative), diammonium phosphate, tricalcium phosphate, cornmeal.

Nutrition facts:

Serving size: 1 bun

Wt.per serving: approx. 2.0 approx. gram
oz. 60 bunServings per container: 12
buns

Nutrient	Values	Unit	%DailyValue
Calories	150	Kcal	
Calories From Fat	20	kcal	
Total Fat	2	g	3%
Saturated Fat	0	g	0%
<i>Trans</i> Fat	0	g	
Polyunsaturated Fat	1	g	
Monounsaturated Fat	0	g	
Cholesterol	0	mg	0
Sodium	300	mg	13%
Potassium	50	mg	1%
Total Carbohydrate	29	g	10%
Dietary Fiber	1	g	4%
Sugars	4	g	
Protein	5	g	
Vitamin A			0%
Vitamin C			0%
Calcium			4%
Iron			8%
Thiamin			25%
Riboflavin			10%
Niacin			15%
Folate			15%