



Chicken, FC Gold'N'Spice® Tenderloins



Product Last Saved Date:13 May 2016

Nutrition Facts

Serving Size: 78 GR

Number of Servings per Package: 58

Amount Per Serving

Calories: 130 Calories from Fat: 40

% Daily Value*

Total Fat	4.5 g	7%
Saturated Fat	1 g	4%
Trans Fat	0 g	
Cholesterol	20 mg	7%
Sodium	370 mg	15%
Total Carbohydrate	12 g	4%
Dietary Fiber	0.57 g	2%
Sugars	0 g	

Protein 11 g

	Per Srv		Per Srv
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	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
5469		10038034546901	1 X 1 X 10 LB	case

Brand	Brand Owner	GPC Description
Brakebush®	BRAKEBUSH BROTHERS INC.	Chicken - Prepared/Processed

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

Shipping Information

Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
13.5 IN	8.63 IN	8.75 IN	0.58994 CF	16x8	545 Days	0 FA / 0 FA

Ingredients :

INGREDIENTS: CHICKEN BREAST TENDERLOINS, WATER, SODIUM PHOSPHATES, SALT, BREADED WITH ENRICHED BLEACHED WHEAT AND DURUM FLOURS (ENRICHED WITH NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, MODIFIED FOOD STARCH, SALT, GARLIC POWDER, SPICES, SOYBEAN OIL, YELLOW CORN FLOUR, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), DEXTROSE, EXTRACTIVES OF PAPRIKA, CELLULOSE GUM (SODIUM CARBOXYMETHYLCELLULOSE), NATURAL FLAVOR, SODIUM ALGINATE.

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

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

Handling Suggestions :

Packed in 2/5# bags

Benefits :

5469-Fully cooked boneless breaded chicken breast tenderloins

Serving Suggestions :

For recipe and menu ideas go to www.brakebush.com

Prep & Cooking Suggestions :

PREPARATION: COOK TO A MINIMUM OF 165° F. FOR BEST RESULTS - DEEP FRY AT 350° F FOR 4-7 MIN. ALTERNATE METHOD - BAKE IN SINGLE LAYER IN PREHEATED CONVECTION OVEN AT 350° F FOR 15-25 MIN. BAKE IN SINGLE LAYER IN PREHEATED CONVENTIONAL OVEN AT 400° F FOR 20-30 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