



Chicken, FC Gold'N'Spice® Chik'N Fry Stix™



Product Last Saved Date:13 May 2016

Nutrition Facts

Serving Size: 98 GR

Number of Servings per Package: 46

Amount Per Serving

Calories: 200

Calories from Fat: 100

% Daily Value*

Total Fat 11 g 18%

Saturated Fat 2.5 g 13%

Trans Fat 0 g

Cholesterol 35 mg 11%

Sodium 600 mg 25%

Total Carbohydrate 10 g 3%

Dietary Fiber 1 g 5%

Sugars 0 g

Protein 15 g

	Per Srv	Per Srv
Vitamin A	0%	Vitamin C 0%
Calcium	2%	Iron 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
5635		10038034563502	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	9.25 IN	0.62365 CF	16x8	545 Days	0 FA / 0 FA

Ingredients :

INGREDIENTS: CHICKEN BREAST WITH RIB MEAT, WATER, VEGETABLE PROTEIN PRODUCT (ISOLATED SOY PROTEIN, MAGNESIUM OXIDE, ZINC OXIDE, NIACINAMIDE, FERROUS SULFATE, VITAMIN B12, COPPER GLUCONATE, VITAMIN A PALMITATE, CALCIUM PANTOTHENATE, PYRIDOXINE HYDROCHLORIDE, THIAMINE MONONITRATE, RIBOFLAVIN), SALT, SODIUM PHOSPHATES, GARLIC POWDER, SPICE, SOYBEAN OIL, BREADED WITH ENRICHED BLEACHED WHEAT AND ENRICHED DURUM FLOUR (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 - C	Wheat - C	TreeNuts - N
Fish - N	Crustacean - N	Nuts - N

Handling Suggestions :

Keep frozen

Benefits :

5635-Fully cooked breaded chicken breast stick shaped strips.

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 1-2 MIN. PER SERVING, TURNING ONCE. ADJUST TIMES TO QUANTITY BEING COOKED AND EQUIPMENT USED. DO NOT OVERCOOK.

More Information :

4 pcs, equals a serving.
For more information call 800-933-2121