

Code 20600

CN Fully Cooked Premium Chicken Rings

Heating Instructions: Oven 375 Degrees for 12-15 minutes.

Ingredients: Boneless Chicken Breast (with rib meat), Water, Salt, Sodium Phosphate

Battered and Breaded with; Bleached Enriched Wheat Flour (Niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Water, Yellow Corn Flour, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Sodium Aluminum Phosphate, Monocalcium Phosphate), Salt, Modified Food Starch, Spices, Buttermilk Solids, Nonfat dry Milk, Dextrose, Soybean Oil, Sugar, Yeast, Yeast Extractives, Natural Flavor, Less than 2% Soybean Oil as processing aid.

Nutrition Facts	
Serving Size 3.4 oz, 5 pieces (96 grams)	
Servings per container: 94	
Amount per Serving	
Calories 171	Calories from Fat 63
% Daily Value	
Total Fat 7g	11%
Saturated Fat 1.5g	7%
Cholesterol 40mg	13%
Sodium 580mg	24%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 15g	30%
Vitamin A 0% *	Vitamin C 2%
Calcium 2% *	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
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrates	300g 375g
Dietary Fiber	25g 30g
Calories per gram	
Fat 9 * Carbohydrate 4 * Protein 4	