



# Fully Cooked Breaded Chicken Breast Nuggets

FMI Code	900012
Brand	FMI
Cook Level	Fully Cooked
Type	Breaded Nuggets
Case Pack	4/5 LB
Storage	Frozen
Pallet Configuration	10 x 8
Net Case Weight	20 LB
Gross Case Weight	21 LB
Case Dimensions	17.688" L x 12.188" W x 8.25" H
Case Cube	1.029 Cu Ft
GTIN	n/a
Case UPC	n/a
Unit UPC	n/a
Unit Dimensions	n/a
Unit Net Weight	5 Pounds



## Nutrition Facts

about 27 servings per container  
**Serving size 5 nuggets (85g)**

**Amount per serving**  
**Calories 220**

	% Daily Value*
<b>Total Fat</b> 12g	<b>15%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
Polyunsaturated 3g	
Monounsaturated 6g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 260mg	<b>11%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 11g	
Vitamin D 1mcg	2%
Calcium 47mg	4%
Iron 2mg	10%
Potassium 157mg	4%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Preparation Instructions

Fryer: Place frozen nuggets in 350°F for 3 minutes  
 Conventional Oven: Place frozen nuggets in 400°F 18 minutes turning nuggets over after 10 minutes.  
 Appliances vary, adjust accordingly. Internal temperature must reach 167°F

### Ingredients

Chicken, Water, Soy Protein Concentrate, Toasted Wheat Crumbs, Salt, Tapioca Starch, Onion Powder, Garlic Powder, Sodium Phosphate, Spice. Predust with: Wheat flour, Salt, Canola Oil (mfg. aid) Battered with: Wheat flour, Salt, Dextrose, Baking Powder Breaded with: Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Distilled Vinegar, Sea Salt, Leavening (Sodium Bicarbonate), Yeast. Breeding set in canola oil.

**Allergens:**  
 Wheat, Soy, Gluten

May Contain: Eggs