



## Fully Cooked Popcorn Chicken

FMI Code	5572
Brand	Brakebush
Cook Level	Fully Cooked
Type	Solid Muscle
Case Pack	5/5 Pound
Storage	Frozen
Pallet Configuration	8T x 8H -64 Cases Per Pallet
Net Case Weight	25.00 Pounds
Gross Case Weight	26.95 Pounds
Case Dimensions	17.63"L x 13.63" W x 10.75" H
Case Cube	1.5 Cu Ft
GTIN	10038034557204
Case/Unit UPC	N/A
Unit Dimensions	N/A
Unit Net Weight	5 Pounds



### Preparation Instructions

For best results - cook in an impinger over at 465°F for 6 minutes.

**Deep fry:** 350°F for 2-4 minutes.

**Convection oven:** bake in single layer in a preheated oven at 350°F for 5-8 minutes.

**Conventional oven:** 400°F for 10-15 minutes.

**Microwave:** on high about 1-3 minutes.

Adjust times to quantity. Do not overcook.

### Ingredients

Chicken breast meat with rib meat, water, salt, potato starch, sodium phosphates. **Breaded with:** bleached wheat flour, wheat flour, water, modified food starch, salt, rice flour, wheat gluten, leavening (sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate, sodium acid pyrophosphate), dextrose, yellow corn flour, spices, dried egg whites, rice starch, dried yeast, disodium inosinate and disodium guanylate, citric acid, garlic powder, onion powder, yeast extract, extractives of paprika and annatto, mono and diglycerides, sugar, hydrolyzed soy protein, yeast, caramel color, guar gum, natural flavor.

## Nutrition Facts

133 servings per container

**Serving size** 3 Ounces (85g)

Amount Per Serving

**Calories** 210

% Daily Value\*

<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 740mg	<b>32%</b>
<b>Total Carbohydrate</b> 19g	<b>7%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 2g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 11g	<b>22%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 28mg	<b>2%</b>
Iron 1mg	<b>6%</b>
Potassium 173mg	<b>4%</b>

\*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.

**Allergens: Egg, Soy, Wheat**