Spicy Breaded Popcorn Chicken

PROCESSOR NAME:

PILGRIM'S PRIDE CORP. – GOLD KIST CHICKEN BRAND

CODE NUMBER:	4339	**CASE WT:**	10#
STANDARD YIELD:	n/a	**SERVING SIZE:**	4.22oz (19 pieces)
M/MA CONTRIBUTION:	2	**DONATED FOOD/CASE:**	n/a (commercial)
GRAIN CONTRIBUTION:	0	**SERVINGS/CASE:**	54
GTIN:	10037638043397	**GR. WT.:**	10.94#
CASE DIMENSIONS:	8.75Hx11.758Lx9.188W	**PALLET:**	17T x 9H
SHELF LIFE:	365 days	**CASE CUBE:**	0.547
CASES/PALLET:	153		

BID DESCRIPTIONS

Fully Cooked Spicy Popcorn Chicken made with Breast Meat
Contains: Wheat, Eggs, Soy

Nutrition Facts

Serving Size 3oz (84g)
Servings Per Container About 54

Amount Per Serving

Calories 200	Calories from Fat 100
	% Daily Value*
Total Fat 11g	**17 %**
Saturated Fat 3g	**14 %**
Trans Fat 0g	
Polyunsaturated Fat 3.5g	
Monounsaturated Fat 3g	
Cholesterol 30mg	**11 %**
Sodium 680mg	**29 %**
Potassium 210mg	**6 %**
Total Carbohydrate 13g	**4 %**
Dietary Fiber less than 1g	**3 %**
Sugars 0g	
Protein 13g	**26 %**

Vitamin A 6% • Vitamin C 2%
Calcium 0% • Iron 4%
Folate 0%

*Percent Daily Values are based on 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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

GOLD KIST CHICKEN

Fully Cooked

SPICY POPCORN STYLE CHICKEN BREADED CHICKEN BREAST MEAT with Rib Meat

Ingredients: Boneless Skinless Chicken Breast With Rib Meat, Water, Modified Food Starch, Seasoning (Spice, Salt, Chili Pepper, Garlic Powder, Onion Powder, Spice Extractives, And Mono And Diglycerides), Sodium Phosphates, Salt. **Breaded With:** Bleached Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Wheat Flour, Salt, Spices, Monosodium Glutamate, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate), Soybean Oil, Garlic Powder, Spice Extractives, Oleoresin Turmeric. **Battered With:** Water, Wheat Flour, Salt, Soy Flour, Spice, Garlic Powder, Onion Powder, Spice Extractives, And Extractives Of Paprika. **Predusted With:** Wheat Flour, Modified Corn Starch, Salt, Egg White Solids, Wheat Gluten, Spices, Garlic Powder, Onion Powder, And Spice Extractives. Breading Set In Vegetable Oil.
CONTAINS: EGG, SOY, WHEAT

HEATING INSTRUCTIONS FROM FROZEN: Conventional Oven: Preheat oven to 375°F. Place frozen chicken pieces in a single layer on an ungreased baking pan, Bake uncovered for 15 minutes. **Convection Oven:** Preheat oven to 375°F. Place frozen chicken pieces in a single layer on an ungreased baking pan, Bake uncovered for 10 minutes. **Deep Fry:** Preheat frying oil to 350°F. Place frozen chicken pieces into frying oil. Fry for 2.5 minutes. Insert a meat thermometer into the thickest portion of the product. Continue heating until the internal temperature reaches 165°F.

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Monounsaturated Fat 3g
Cholesterol 30mg 11 %
Sodium 700mg 31 %
Total Carbohydrate 13g 5 %
Dietary Fiber less than 1g 3 %
Total Sugars 0g
Includes 0g Added Sugars 0 %
Protein 13g
Vitamin D 0.2mcg 2%
Calcium 10mg 0%
Iron 0.6mg 4%
Potassium 210mg 4%

pilgrim's

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(01)10037638043397

Nutrient information for our product is based on the RACC serving size.

Camden Robbins R.D., SNS — 7/10/19

Camden Robbins, R.D., SNS K-12 School Nutritionist — **Date**

GOLD KIST CHICKEN

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