Mild Breaded Popcorn Chicken

PROCESSOR NAME:

PILGRIM'S PRIDE CORP. – GOLD KIST CHICKEN BRAND

CODE NUMBER:	4341	**CASE WT:**	10#
STANDARD YIELD:	n/a	**SERVING SIZE:**	4.68 oz (19 pieces)
M/MA CONTRIBUTION:	2	**DONATED FOOD/CASE:**	n/a
GRAIN CONTRIBUTION:	0	**SERVINGS/CASE:**	54
GTIN:	10037638043410	**GR. WT.:**	10.94#
CASE DIMENSIONS:	8.75Hx11.75Lx9.188W	**PALLET:**	17T x 9H
SHELF LIFE:	365 days	**CASE CUBE:**	0.57
CASES/PALLET:	153		

BID DESCRIPTIONS

Fully Cooked Mild Popcorn Style Breaded Chicken Breast Pieces with Rib Meat
Contains: Wheat

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

Amount Per Serving

Calories 180	Calories from Fat 70
	% Daily Value*
Total Fat 7g	**11%**
Saturated Fat 2.5g	**12%**
Trans Fat 0g	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 1g	
Cholesterol 30mg	**9%**
Sodium 830mg	**35%**
Potassium 220mg	**6%**
Total Carbohydrate 13g	**4%**
Dietary Fiber 0g	**2%**
Sugars 0g	
Protein 14g	**29%**

Vitamin A 0% • Vitamin C 0%
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
MILD POPCORN STYLE CHICKEN BREADED CHICKEN BREAST MEAT
with Rib Meat

Ingredients: Boneless Skinless Chicken Breast Pieces With Rib Meat, Water, Seasoning (Salt, Spice Extractives, Extractive Of Garlic), Modified Food Starch, Sodium Phosphates. **Battered and Predusted With:** Wheat Flour, Water, Modified Corn Starch, Salt, Yellow Corn Flour, Tapioca Maltodextrin, Chicken Fat, Xanthan Gum, Natural Flavor, Dextrose, Propyl Gallate, Citric Acid. **Breaded With:** Bleached Wheat Flour, Wheat Flour, Rice Flour, Salt, Spice, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Dextrose, Yeast, Extractives of Paprika. Breading Set In Vegetable Oil.
CONTAINS: 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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4341

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Nutrition 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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