Gold Fingers Breaded Chicken Breast Strips

PROCESSOR NAME:

PILGRIM'S PRIDE CORP. – GOLD KIST CHICKEN BRAND

CODE NUMBER:	111132	**CASE WT:**	10#
STANDARD YIELD:	n/a	**SERVING SIZE:**	4.37oz (4 pieces)
M/MA CONTRIBUTION:	2	**DONATED FOOD/CASE:**	n/a
GRAIN CONTRIBUTION:	0	**SERVINGS/CASE:**	49
GTIN:	10075632111322	**GR. WT.:**	10.97#
CASE DIMENSIONS:	9.75Hx11.75Lx9.188W	**PALLET:**	17T x 8H
SHELF LIFE:	365 days	**CASE CUBE:**	0.609
CASES/PALLET:	136		

BID DESCRIPTIONS

Fully Cooked Breaded Chicken Breast Strips

Contains: Wheat

GOLD KIST CHICKEN

Fully Cooked

BREADED CHICKEN BREAST STRIPS

STRIP SHAPED CHICKEN PATTIES

Ingredients: Chicken Breast, Water, Salt, Sodium Phosphates. **Battered and Predusted With:** Wheat Flour, Water, Modified Corn Starch, Salt, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate), Dextrose, Garlic Powder, Spices, Sodium Alginate, Extractives Of Paprika And Annatto, Natural Flavor. **Breaded With:** Bleached Wheat Flour, Cracker Meal (Bleached Wheat Flour, Extractives Of Paprika), Yellow Corn Flour, Salt, Spices, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate), Dextrose, Extractives Of Paprika And Annatto. 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 13 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 3 minutes. Insert a meat thermometer into the thickest portion of the product. Continue frying until the internal temperature reaches 165°F.

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Pilgrim's

DISTRIBUTED BY: Pilgrim's Pride Corporation
1770 Promontory Circle, Greeley, CO 80634 800-321-1470 www.goldkist.com

Product of USA

111132

Nutrition Facts
About 49 servings per container
Serving size 3oz (93g)
Amount per serving
Calories 250
% Daily Value*
Total Fat 16g 31 %
Saturated Fat 4g 20%
Trans Fat 0g
Polyunsaturated Fat 5g
Monounsaturated Fat 6g
Cholesterol 45mg 15%
Sodium 540mg 23%
Total Carbohydrate 14g 5%
Dietary Fiber less than 1g 2%
Total Sugars 0g
Includes 0g Added Sugars 0%
Protein 10g
Vitamin D 0.4mcg 2%
Calcium 10mg 0%
Iron 0.4mg 2%
Potassium 170mg 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.

(01)10075632111322

Nutrition Facts

Serving Size 4 Pieces (124g)
Servings Per Container About 37

Amount Per Serving

Calories 340	Calories from Fat 190
	% Daily Value*
Total Fat 22g	33 %
Saturated Fat 5g	27 %
Trans Fat 0g	
Polyunsaturated Fat 7g	
Monounsaturated Fat 8g	
Cholesterol 60mg	19 %
Sodium 720mg	30 %
Potassium 230mg	7 %
Total Carbohydrate 19g	6 %
Dietary Fiber less than 1g	3 %
Sugars less than 1g	
Protein 16g	

Vitamin A 2% • Vitamin C 2%
Calcium 2% • Iron 2%
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

Nutrition information for our product is based on the serving size to provide stated CN equivalencies.

Camden Robbins R.D., SNS — 7/11/19

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

GOLD KIST CHICKEN

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