

# Crispy Chicken & Cheese Tenderstix (3\_2015)

<b>Nutrition Facts</b>	
Serving Size 1 piece (82g)	
Servings Per Container 24	
Amount Per Serving	
<b>Calories 190</b>	<b>Calories from Fat 80</b>
% Daily Value*	
<b>Total Fat 9g</b>	<b>14%</b>
Saturated Fat 3g	<b>16%</b>
Trans Fat 0g	
<b>Cholesterol 35mg</b>	<b>11%</b>
<b>Sodium 550mg</b>	<b>23%</b>
<b>Total Carbohydrate 13g</b>	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 1g	
<b>Protein 14g</b>	
<b>Vitamin A 2%</b>	• <b>Vitamin C 0%</b>
<b>Calcium 8%</b>	• <b>Iron 6%</b>
*Percent Daily Values are based on a 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	

**INGREDIENTS:** Chicken, Batter Mix (Water, Batter (Bleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Modified Food Starch, Salt, Wheat Gluten, Maltodextrin, Soybean Oil (processing aid), Corn Syrup Solids, Spices, Nonfat Milk, Palm Oil, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate), Onion Powder, Partially Hydrogenated Soybean Oil and Cottonseed Oils, Yeast, Whey, Sugar, Aged Red Peppers, Garlic Powder, Natural Flavors, Malted Barley Flour, Silicon Dioxide (anticaking agent), Vinegar, Spice Extractive, High Oleic Sunflower Oil, Guar Gum, Xanthan Gum, Monoglycerides, Citric Acid, Ascorbic Acid (added as a dough conditioner), Extractives of Paprika (color), Turmeric (spice and coloring). Bread Crumbs (Wheat Flour, Salt and Yeast), Water, Pasteurized Process Swiss and Monterey Jack Cheese (Cultured Milk, Salt, Enzymes), Cream, Sodium Phosphate, Sorbic Acid, Salt, Artificial Color), Chicken Skin, Soybean Oil, Seasoning (Soy Protein Isolate, Non-Fat Milk Solids, Salt, Hydrolyzed Soy and Wheat Protein, Sodium Tripolyphosphate, Dextrose, Onion Powder, Spice Extractives), Cheese Flavor (Blend of Cheeses (Granular and Blue (Milk, Cheese Culture, Salt, Enzymes))), Whey, Partially Hydrogenated Soybean Oil, Whey Protein Concentrate, Lactose, Maltodextrin, Salt, Sodium Phosphate, Citric Acid, Lactic Acid, Yellow 5, Yellow 6), Modified Food Starch, Adhesive (Corn Syrup Solids, Modified Corn Starch, Guar Gum), Natural Flavors, Citric Acid, Xanthan Gum, Annatto, Potassium Sorbate and Sodium Benzoate (preservatives), Sodium Tripolyphosphate.

**ALLERGEN INFORMATION: CONTAINS WHEAT, MILK AND SOY**