

Popcorn Chicken (11/2016)

Nutrition Facts	
Serving Size 1 serving (116.00g/4.1oz)	
Amount Per Serving	
Calories 340	Calories from Fat 140
	<small>% Daily Value*</small>
Total Fat 16g	24%
Saturated Fat 3g	14%
Trans Fat 0g	
Cholesterol 45mg	14%
Sodium 570mg	24%
Total Carbohydrate 16g	5%
Dietary Fiber 1g	6%
Sugars 0g	
Protein 17g	
Vitamin A 0%	•
Vitamin C 0%	
Calcium 0%	•
Iron 8%	
* 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 65 g 80 g
Saturated Fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Total Carbohydrate	300 g 375 g
Dietary Fiber	25 g 30 g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients: Chicken Breast pieces with rib meat, water, seasoning (spices, salt, garlic Powder, extractives of paprika, spice extractive, gum arabic), modified tapioca starch, sodium phosphate, **Breaded with:** Enriched wheat flour and bleached enriched wheat flour (wheat flour, enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, soybean oil, spices, oleoresin Paprika, **Battered with:** Water, enriched wheat flour and bleached enriched wheat flour (wheat flour, enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, sugar, leavening (sodium aluminum phosphate, sodium bicarbonate, sodium acid pyrophosphate), nonfat dry milk, spices, flavor (gum arabic, spice extractive), garlic powder, onion powder, dextrose, FD&C yellow 6, FD&C yellow 5, spice extractive, gum arabic, **Predusted with:** Bleached enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), dried egg whites, salt, wheat gluten, leavening (sodium aluminum phosphate, sodium bicarbonate), soybean oil. Breading set in vegetable oil.

Contains: Wheat, Egg, Milk, Soy