

great taste

all natural

gluten free

no preservatives

INGREDIENTS

Chicken breast meat, water, rice starch, sea salt.

Breaded with: Yellow corn flour, rice flour, water, yellow corn meal, rice starch, corn starch, sea salt, dextrose, garlic powder, onion powder, spice, yeast extract, breading set in soybean oil.

NUTRITION FACTS

Nutrition Facts

Serv size 4 nuggets (85g)
Serv Per Cont: 6
Calories 170
Fat cal. 70

*Percent Daily Values (DV) are
Based on 2,000 calorie diet.

Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 8g	12%	Total Carb 9g	3%
Sat. Fat 1.5g	8%	Dietary Fiber 1g	4%
Trans Fat 0g		Sugars 0g	
Cholest. 45mg	15%	Protein 15g	
Sodium 350mg	15%		

Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 2%

HEATING INSTRUCTIONS

FROM FROZEN

CONVENTIONAL OVEN(PREFERRED METHOD)

1. Preheat oven to 425°F.
2. Place frozen nuggets in a single layer on baking sheet.
3. Place sheet on middle of rack and bake for 11 minutes.
4. Turn nuggets halfway through heating time.

MICROWAVE

1. Place frozen nuggets in a single layer on microwave safe plate.
2. Heat, uncovered, on high: 5 nuggets for 1 1/2 minutes, 10 nuggets for 2 1/2 minutes, 15 nuggets for 3 minutes.
3. Turn nuggets halfway through heating time.
4. Let stand 1-2 minutes before serving.

APPLIANCES VARY. HEATING TIMES APPROXIMATE