

NUTRITIONAL FACTS

SOUTHSIDE MARKET

Smoked Chicken Halves

Nutrition Facts	
Serving Size 3 oz. (84g)	
Servings per Container Varied	
Amount Per Serving	
Calories 160	Calories from Fat 60
% Daily Value*	
Total Fat 6g	10%
Saturated Fat 1.5g	9%
Cholesterol 75mg	26%
Sodium 400mg	17%
Total Carbohydrate less than 1g	0%
Protein 24g	
Vitamin A 4%	Iron 8%

Not a significant source of dietary fiber, sugars, vitamin C, and calcium.

*Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Chicken, Salt, Black Pepper, Paprika, Cayenne Pepper, Garlic.

Heating Instructions

All meat should be thawed completely before heating.

Cooking times/temperatures may vary depending on your equipment.

When using microwave oven, always cover meat with a paper towel and place on a microwave safe plate.

CHICKEN

- BBQ Pit/Grill - Place on BBQ pit/grill over indirect heat until internal temperature reaches 165°
- Conventional Oven - Wrap in foil and place in a 350° oven for 45 minutes or until internal temperature reaches 165°
- Convection Oven - Wrap in foil and place in a 325° oven for 25 - 30 minutes or until internal temperature reaches 165°
- Microwave Oven - Heat each ½ chicken 2 minutes. Turn over half way through cooking process.

MADE WITH PRIDE BY SOUTHSIDE MARKET & BBQ, INC.
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