

NUTRITIONAL FACTS

CORKY'S BBQ



Corky's 3 lbs. BBQ Seasoned Chicken Breast Lightly breaded & seasoned with Corky's Sweet & Smokey Rub

Nutrition Facts	
Serving Size: 1 Breast (113g) Servings per Container About 12	
Amount Per Serving	
Calories 230 Calories from Fat 80	
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 510mg	21%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 3g	
Protein 21g	
Vitamin A 4% • Vitamin C 0%	
Calcium 2% • Iron 6%	
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
	Calories 2,000 2,500
Total Fat Less Than 65g	80g
Sat Fat Less Than 20g	25g
Cholesterol Less Than 300mg	300mg
Sodium Less Than 2400mg	2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<small>Calories per gram: Fat 9 . Carbohydrate 4 . Protein 4</small>	

Ingredients: Breaded Chicken Breast (Chicken Breast Fillets with Rib Meat Containing up to 15% of a Solution of Water, Seasoning (Monosodium Glutamate, Sugar, Salt, Spices, Mustard Flour, Paprika, Soybean Oil), and Sodium Phosphate. Breaded With: Bleached Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Salt, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate, Monocalcium Phosphate), Monosodium Glutamate, Spices, Nonfat Dry Milk, Dried Whey, Paprika, Extractives of Turmeric. Battered and Pre-Dusted With: Water, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Whole Egg Solids, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate, Monocalcium Phosphate), Monosodium Glutamate, Nonfat Dry Milk, Soybean Oil, Dry Whey. Breading Set in Vegetable Oil.) **Sweet & Smokey Seasoning** (Sugar, Salt, Spices (Including Chili), Paprika, Dehydrated Onion And Garlic, Disodium Inosinate And Disodium Guanylate, Soybean Oil (As A Processing Aid), Natural Smoke Flavor, Celery Seed, Mustard Flour, Extractives of Paprika, Mustard Seed, Not More Than 2% Calcium Silicate Added To Prevent Caking.)

CONTAINS: WHEAT, MILK, EGG