

## Rastellis 1 lb. Original Chicken Bites

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serv.Sz.</b> 4 oz. Chicken (113g)	
<b>Amount per serving</b>	
<b>Calories</b>	<b>190</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 3.5g	<b>4%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 75mg	<b>25%</b>
<b>Sodium</b> 250mg	<b>11%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 23g	
Vitamin D 0mcg	<b>0%</b>
Calcium 31mg	<b>2%</b>
Iron 1mg	<b>6%</b>
Potassium 309mg	<b>6%</b>
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

**Ingredients:** Chicken, Bread Crumbs (Panko [Bleached Wheat Flour, Dextrose, Yeast, and Salt]), Parmesan Cheese [(Pasteurized Part-Skim Cow's Milk, Cheese Cultures, Salt, Enzymes), Modified Food Starch, Powdered Cellulose Added to Prevent Caking, Potassium Sorbate Added to Protect Flavor], Unbleached Flour [Unbleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Parsley, Salt, Black Pepper, Eggs (Citric Acid)  
**Contains:** Wheat, Eggs, Milk

# Rastellis 1 lb. Honey Mustard Chicken Bites

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size 4 oz (113g)</b>	
<b>Amount per serving</b>	
<b>Calories 200</b>	
<b>% Daily Value*</b>	
<b>Total Fat</b> 3.5g	<b>4%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 75mg	<b>25%</b>
<b>Sodium</b> 570mg	<b>25%</b>
<b>Total Carbohydrate</b> 16g	<b>6%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 2g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 23g	
Vitamin D 0mcg	0%
Calcium 35mg	2%
Iron 1mg	6%
Potassium 329mg	8%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

**Ingredients:** Chicken Breast, Panko Breadcrumbs (Bleached Wheat Flour, Dextrose, Yeast and Salt), Parmesan Cheese (Made from Pasteurized Cow's Milk, Cultures, Salt and Enzymes), Honey Mustard Seasoning [Sugar, Salt, Mustard, Dehydrated Garlic, Maltodextrin, Onion Powder, Spice, Dried Honey, Vinegar, Canola Oil ( as a processing aid), Extractives of Turmeric, Not More than 2% Silicon Dioxide added to prevent caking], Flour (Unbleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid) Parsley, Salt, Eggs, Black Pepper.

**Contains:** Wheat, Eggs, Milk

# Rastelli's 1 lb Buffalo Chicken Bites

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serv.Sz. 4 oz. Chicken (113g)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>180</b>
% Daily Value*	
<b>Total Fat</b> 3.5g	<b>4%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 70mg	<b>23%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 1g	<b>0%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 23g	
Vitamin D 0mcg	0%
Calcium 28mg	2%
Iron 1mg	6%
Potassium 304mg	6%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

**Ingredients:** Chicken Breast, Panko Breadcrumbs (Bleached Wheat Flour, Dextrose, Yeast, and Salt), Parmesan Cheese (Made from Pasteurized Cow's Milk, Cultures, Salt, and Enzymes), Buffalo Seasoning (Salt, Dehydrated Garlic, Dehydrated Onion, Paprika, Species), Flour (Unbleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Parsley, Salt, Eggs, Black Pepper.

**Contains:** Wheat, Eggs, Milk

## Preparation Instructions

**Air Fryer:** (Preferred Method): Cook chicken bites from frozen. Using AIRFRY function, preheat air fryer oven to 400°F for 10 minutes. Place chicken bites in air fryer basket and cook for 12-15 minutes, or until chicken bites are crisp outside and hot inside. Let chicken bites rest 5 minutes before serving.

**Conventional Oven:** Cook chicken bites from frozen. Preheat the oven to 400°F. Place chicken bites on a baking sheet and cook for 12 minutes. Turn chicken over and cook 5 to 7 minutes longer, or until chicken bites are crisp outside and hot inside. Let chicken bites rest 5 minutes before serving.

**NOTE:** Chicken Bites are Uncooked. Cooking temperatures may vary depending upon appliance. Cook times are approximate, internal temperature of chicken bites must reach a minimum of 165 °F as measured by use of a thermometer.