



The Delicious, Healthier Chicken

HANDCRAFTED BREADED CHICKEN BREAST TENDER

FULLY COOKED

HEATING INSTRUCTIONS:

Recommended Heating Instructions: (Do not thaw, prepare from frozen) Place frozen product in single layer on sheet pan. Appliances may vary, adjust cook times accordingly.

Convection oven: Bake at 350°f for 10-12 minutes.

Air Fryer: 365°f for 10-12 minutes.

Conventional oven: Bake at 350°f for 12-14 minutes

INGREDIENTS:

Chicken Breast with Rib Meat, Chicken Protein Solution (Water, Chicken Protein), Water, Chicken Marinade (Sugar, Salt, Maltodextrin, Spices including Celery Seed, Chicken Fat, Soybean oil, Spice Extractive), Potassium Carbonate, Isolated Oat Product, Salt.

BREADED WITH: Wheat Flour, Water, Sugar, Wheat Gluten, Salt, Corn Starch, Less Than 2% of: Leavening (Cream of Tartar, Sodium Bicarbonate), Spices, Dextrose, Paprika, Yeast, Extractives of Paprika. Breading Set in Vegetable Oil. **CONTAINS: WHEAT**



www.richchicks.com Use within 12 months of receipt

Nutrition Facts	
Serving Size	100g
Amount Per Serving	
Calories	185
% Daily Value*	
Total Fat 7.3g	10%
Saturated Fat 1.0g	7%
Trans Fat 0g	
Cholesterol 35mg	14%
Sodium 485mg	12%
Total Carbohydrate 13g	5%
Dietary Fiber 1.7g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 17g	
Vit. D 0mcg 0%	• Calcium 15mg 1%
Iron 1.7mg 9%	• Potas. 676mg 17%

* 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.