

Rastellis 1 lb. Original Chicken Bites

Nutrition Facts	
4 servings per container	
Serv.Sz. 4 oz. Chicken (113g)	
Amount per serving	
Calories	190
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 75mg	25%
Sodium 250mg	11%
Total Carbohydrate 15g	5%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 23g	
Vitamin D 0mcg	0%
Calcium 31mg	2%
Iron 1mg	6%
Potassium 309mg	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, 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

Nutrition Facts	
4 servings per container	
Serving size 4 oz (113g)	
Amount per serving	
Calories 200	
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 1g	5%
<i>Trans Fat</i> 0g	
Cholesterol 75mg	25%
Sodium 570mg	25%
Total Carbohydrate 16g	6%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 1g Added Sugars	2%
Protein 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

Rastellis 1 lb. Ranch Chicken Bites

Nutrition Facts	
4 servings per container	
Serv.Sz. 4 oz. Chicken (113g)	
<hr/>	
Amount per serving	
Calories	190
<hr/>	
	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 500mg	22%
Total Carbohydrate 16g	6%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 23g	
<hr/>	
Vitamin D 0mcg	0%
Calcium 35mg	2%
Iron 1mg	6%
Potassium 320mg	6%
<hr/>	
<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), Ranch Seasoning [Salt, Sugar, Whey, Garlic Powder, Cultured Buttermilk, Onion Powder, Species, Yeast Extract, Sour Cream (Cream Culture, Lactic Acid), Dehydrated Parsley, Citric Acid, Natural Flavor, Cultured Nonfat Milk, 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

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.