

## Breaded Chicken Filet

**Ingredients:** Chicken Breast Tenderloins Containing up to 30% of a solution of Water, Sodium Phosphate and Salt. Breaded with: Wheat Flour, Bleached Wheat Flour, salt, Yellow Corn Flour, Leavening (Monocalcium Phosphate, Sodium Bicarbonate), Sodium Alginate, Whey, Soy Flour, Nonfat Milk Solids, Spice Extractives and Whole Egg Solids. Battered with: Water, Enriched Wheat Flour (Wheat Flour, Niacin, Tricalcium Phosphate, Reduced iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Yellow Corn Flour, Buttermilk Solids, Garlic Powder, Spices, Xanthan Gum and Spice Extractives, Breading Set in Soybean Oil.

<b>Nutritional Facts:</b>			
	Serving Size	2 filets (126 g)	
	Servings p/container	About 36	
<b>Amount per serving:</b>			
	Calories	230	
	Calories from Fat	70	
<b>Daily Value:</b>			
	Total Fat	8g	5%
	Saturated Fat	1.5g	8%
	Trans Fat	0g	
	Cholesterol	40mg	13%
	Sodium	710mg	30%
	Total Carbohydrates	21%	7%
	Dietary Fiber	3%	12%
	Sugars	3%	
	Protein	18g	
	Iron	6%	
	Calcium	4%	
	Vitamin A	0%	
	Vitamin C	2%	
<ul style="list-style-type: none"> <li>Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</li> </ul>			