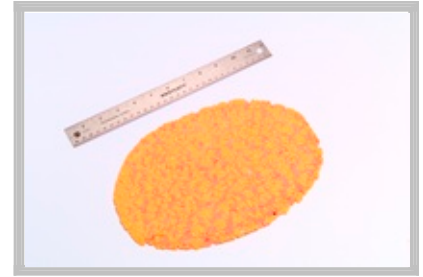




## P489 - Breaded Chicken Patties

This 100% white meat chicken breast has a crunchy breading with the perfect blend of Parmesan and oregano. It is delicious both baked fried. You pick the size for sandwiches, salads, paired with waffles or traditional Chicken Parmesan. The possibilities are endless!

Brand: A to Z Portion Control Meats®



### Nutrition Facts

Serving Size 7.2 oz (203g)  
Servings Per Container 30

#### Amount Per Serving

**Calories 414**

#### % Daily Value\*

<b>Total Fat</b> 16 g	19.8%
Saturated Fat 4.5 g	23.4%
Trans Fat 0 g	
<b>Cholesterol</b> 90 mg	30.6%
<b>Sodium</b> 1,494 mg	64.8%
<b>Potassium</b> 468 mg	13%
<b>Total Carbohydrate</b> 32.5 g	10.8%
Dietary Fiber <1 g	3.6%
Sugars <1 g	
<b>Protein</b> 34 g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 7.2 %	•	Iron 18 %
Vitamin D 0 %	•	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	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	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

### Ingredients

Chicken, Water, Textured Soy Protein Concentrate, Salt, Lemon Juice Concentrate, Vinegar. Breaded With: Wheat Flour, Parmesan And Romano Cheese (Pasteurized Cow's Milk, Cultures, Enzymes, Salt, Expeller Pressed Sunflower Oil, Salt, Onion Powder, Garlic Powder, Spices, Yeast, Sugar, Maltodextrin, Dehydrated Parsley, Unsalted Butter (Pasteurized Cream, Natural Flavor), Vinegar Solids, Modified Corn Starch, Caramel Color, Natural Flavor, Dextrose, Yellow Corn Flour, Extractives of Paprika. Battered With: Water, Wheat Flour, Corn Starch, Salt, Whey, Egg Whites, Leavening (Sodium Bicarbonate), Paprika, Extractives of Paprika.

### Case Specifications

<b>GTIN</b>	10816980004894	<b>Case Net Weight</b>	13.5 LB
<b>Item UPC</b>		<b>Case L,W,H</b>	13.25 IN, 8.80 IN, 7.25 IN
<b>Unit Size</b>	30 / 7.2 oz	<b>Cube</b>	0.49 CF
<b>Shelf Life</b>	274 Days	<b>Tie x High</b>	7 x 14
<b>Case Gross Weight</b>	14.20 LB	<b>Kosher Status</b>	

### Preparation and Cooking

**Pan Fry:** Heat vegetable oil in skillet until hot. Fry tenders in the hot oil over medium heat 10-12 minutes, turning over after 5-6 minutes.

For safety, this product must be cooked to an internal temperature of 170°F as measured by the use of a meat thermometer.

Cooking times may vary. **Bake:** Preheat oven to 375°F. Spread frozen on a baking sheet and bake for 25-30 minutes.

### Serving Suggestions

For safety, this product must be cooked to an internal temperature of 170°F as measured by the use of a meat thermometer.

### Packaging and Storage

Keep product frozen and store at 0° F or below.

### Allergens

**CONTAINS:**  
Eggs or Egg Derivatives, Milk or Milk Derivatives, Wheat or Wheat Derivatives