



Whole Grain Breaded Golden Crispy Tenders, #10703320928 (ES)

Ingredients:

Boneless, skinless chicken breast with rib meat, whole wheat flour, water, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), contains 2% or less of the following: brown sugar, canola oil, carrot powder, citric acid, dextrose, dried garlic, dried onion, dried yeast, garlic powder, isolated soy protein, natural flavor, onion powder, paprika extract (color), salt, sodium phosphates, spice, sugar, torula yeast, turmeric extract (color), vegetable stock (onion, celery, carrot), wheat gluten, yeast extract. Breading set in vegetable oil.

Contains: Soy, Wheat

****This is a representation of the nutrition label. The actual nutrition label on the product may vary slightly.****

Newington Foods and Nutrition Services
Updated June 2023

NUTRITION FACTS

Serving Size: 2 Pieces (77g)

Amount Per Serving

Calories 153

% Daily Value*

Total Fat 7g	9%
Saturated Fat 1g	7%
Trans Fat 0g	
Polyunsaturated Fat 4g	
Monounsaturated Fat 2g	
Cholesterol 30mg	10%
Sodium 267 mg	11%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	5%
Sugars 1g	
Includes 1g Added Sugars	
Protein 13g	27%
Vitamin D 0%	Potassium 10%
Iron 7%	Calcium 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.