

Fully Cooked Chicken Nuggets

Gluten-free, Casein-free (No milk, No dairy)

Nutrition Facts

Serv. Size 5 oz (142g)

Servings 1

Calories 260

Calories from Fat 100

* Percent Daily Values are based on a 2,000 calorie diet.

Amount / serving	%Daily Value*	Amount / serving	%Daily Value*
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Total Fat 11g	17%	Total Carb 13g	4%
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Saturated Fat 1.5g	8%	Dietary Fiber <1g	2%
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Trans Fat 0g		Sugars 0g	
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Cholesterol 70mg	23%	Protein 24g	
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Sodium 300mg	13%		
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Vitamin A 15%	Vitamin C 2%	Calcium 2%	Iron 4%
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INGREDIENTS: ALL *NATURAL* CHICKEN BREAST (CHICKEN, WATER) WATER, CANOLA OIL, RICE FLOUR, PAPRIKA, SEA SALT, GARLIC POWDER, ONION POWDER, OREGANO, PARSLEY, BASIL.

*Minimally processed, No artificial ingredients

Cooking Instructions: *Keep frozen until ready for use. Remove nuggets and place on a cookie tray and cook in preheated 375° oven for 20-25 minutes or until done.*

Distributed by:

One Dish Cuisine

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Ellicott City, MD 21043

www.onedishcuisine.com

Made in a GF Facility

in Ellicott City, MD

BPA Free Container

Batch No:

Use By:

