

## Chicken Fingers

Tasty Chicken Breast Fillets – Breaded, Par-Fried, Uncooked

**Ingredients:** Chicken breast fillets, water, salt, garlic powder, spices in a breading of canola oil, wheat flour, modified corn starch, soy protein isolate (contains soy lecithin), salt spices, baking powder, modified palm oil, de-fatted soy flour, garlic powder, onion powder, guar gum.

Contains: wheat, soy

### Cooking instructions:

1. Deep fry from frozen 4 -4.5 min at 180° C / 360° F
2. Let stand 2 minutes before serving

### Oven:

1. Bake in a preheated 220° C / 425° F oven approximately 20-25 minutes
2. Turn once.



780-886-9936

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## Nutrition Facts

Serving Size (100g)

Amount Per Serving

Calories 215

% Daily Values\*

**Total Fat** 10.3g **16%**

Saturated Fat 0.924g **5%**

Trans Fat 0.071g

**Cholesterol** 25mg **8%**

**Sodium** 620mg **26%**

**Total Carbohydrate** 17.2g **6%**

Dietary Fiber 1.6g **6%**

Sugars 3.7g

**Protein** 13.5g **27%**

\*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		2400mg	2400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g