Gold Kist Inc. P.O. Box 2210, Atlanta, GA 30301
Ph: 1-800-241-3972 Fax: (404) 393-5548

NUTRIENT INFORMATION FORM
PROCESSED MEAT & POULTRY

The following nutrient information for our product (s) is based on the processor recommended serving size for use in school food service programs. State serving size/portion size by common household measure and/or by weight such as one patty, 3.2 oz., or 1/4 cup (1.5 oz.) taco filling.

PROCESSOR NAME: Gold Kist Inc.

PRODUCT NAME: BREADED FULLY COOKED 8 PIECE

CODE NUMBER: 7800

RECOMMENDED SERVING SIZE 1 BREAST, 1 THIGH, 1 DRUM & WING COMBO

	NUTRIENT VALUES PER SERVING SIZE-100 GRAMS
CALORIES	214
TOTAL FAT	12.4 g
SATURATED FAT	4 g
TRANS FAT	0
CHOLESTEROL	47 mg
SODIUM	370 mg
TOTAL CARBOHYDRATES	11.6 g
DIETARY FIBER	n/a
PROTEIN	14 g
VITAMIN A	70 iu
VITAMIN C	1 mg
CALCIUM	12 mg
IRON	1.3 mg
THIAMIN	.16 mg
NIACIN	5 mg
RIBOFLAVIN	.20 mg

Jack Crawford, Commodity Sales Mgr.
Signature & title of Company Official

Date

ECK/NUTFORM.ST

PREMIUM GOLD KIST FARMS

KEEP FROZEN
FULLY COOKED

07800

BREADED FRIED CHICKEN PARTS WHOLE CUT UP 8 PIECE

INSPECTED BY U.S. DEPARTMENT OF AGRICULTURE

P47980

CONTAINING UP TO 12% OF A SOLUTION OF WATER, SALT , SODIUM PHOSPHATE, AND CITRIC ACID. BREADED WITH ENRICHED BLEACHED WHEAT FLOUR (ENRICHED WITH NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), IODIZED SALT, SPICES. BATTERED WITH WATER, ENRICHED WHEAT FLOUR (ENRICHED WITH NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), IODIZED SALT, WHEAT GLUTEN, DEHYDRATED BELL PEPPER, LEAVENING (SODIUM BICARBONATE, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), DRIED EGG WHITES, SPICE, GARLIC POWDER, ONION POWDER, NATURAL FLAVOR (SPICE EXTRACTIVE), OLEORESIN PAPRIKA. PREDUSTED WITH ENRICHED WHEAT FLOUR (ENRICHED WITH NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CORN STARCH, WHEAT GLUTEN, DRIED EGG WHITES, IODIZED SALT.BREADING SET IN VEGETABLE OIL.

ALLERGENS: CONTAINS EGG, WHEAT.
CONTAINS COMMODITIES DONATED BY THE UNITED STATES DEPT. OF AGRICULTURE. THIS PRODUCT SHALL BE SOLD ONLY TO ELIGIBLE RECIPIENT AGENCIES.

COOKING INSTRUCTIONS;CONVENTIONAL OVEN: PREHEAT OVEN 375 DEGREES F.PLACE FROZEN CHICKEN PARTS IN A SINGLE LAYER ON SHEET PANS.HEAT FOR 30-40 MINUTES OR UNTIL INTERNAL TEMPERATURE OF 180 DEGREES F.CONVECTION OVEN: PREHEAT OVEN TO 375 DEGREES F. PLACE FROZEN CHICKEN IN SINGLE LAYER ON WIRE RACK IN SHEET PAN.HEAT FOR 28-30 MINUTES OR UNTIL INTERNAL TEMPERATURE OF 180 DEGREES F. APPLIANCES MAY VARY.

13:47:09
Case Count:
31

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(01)10041723078003(11)051227(3202)003500(21)322153610285

5122708132215361 12275108 Net Wt: 35 LBS

Distributed By: Gold Kist Inc. General Offices Atlanta, GA 30301

Serving Size: Breast, Thigh, or Drum & Wing.

Meal Contribution: 2 meat/meat alternate and 1 bread alternate.