

Shredded Chicken

Product Information



W code: W205
Tyson: #0928
Serving/case: 53
Net Weight: 10 lbs

Crediting Information per Serving:

Serving Size: 3 oz (84g)
Meat or M/A: 2 oz eq
Grain: -
Vegetables: -
Fruit: -
CN Label: Yes*
*Obtain from product package

Nutrition Facts

Serving Size: 3 oz (84g)

Amount Per Serving

Calories 120 Calories from Fat 50

Total Fat 5 g

Sat. Fat 1.5 g

Trans Fat 0 g

Cholesterol 65 mg

Sodium 120 mg

Carbohydrates 1 g

Dietary Fiber 0 g

Sugars 0 g

Protein 16 g

Vitamin D 0%

Calcium 0%

Iron 4%

Potassium 8%

Preparation Instructions:

BAKE:

Appliances vary, adjust accordingly.
Conventional Oven

1. Preheat oven to 350°F.
2. Place frozen chicken pieces on foil lined baking sheet coated with cooking spray.
3. Heat 25 to 30 minutes.

Ingredients:

Boneless, skinless dark and white chicken, water, contains 2% or less of the following: maltodextrin, natural flavors, rice starch, vinegar, yeast extract

Allergens: None