



# 148 - Broccoli & Cheddar Cheese Bites, Battered

Ct/Lb 19-21



## Nutrition Facts

Serving Size 4 pieces (100g) (4piece)  
Serving Per Container: 27

### Amount Per Serving

**Calories 210**

### % Daily Value\*

<b>Total Fat</b> 10g	13%
Saturated Fat 2.5g	13%
Trans Fat 0g	
<b>Cholesterol</b> 5mg	2%
<b>Sodium</b> 910mg	40%
<b>Potassium</b> 30mg	0%
<b>Total Carbohydrate</b> 26g	9%
Dietary Fiber 1g	4%
Sugars 4g	
<b>Protein</b> 3g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 26 mg	•	Iron 1 mg
Vitamin D 0mcg	•	

\*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	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbs.		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

## Ingredients

Broccoli, Cheese Sauce (Water, Maltodextrin, Palm Oil, Corn Starch, Cream, Salt, Natural Flavors, Dried Whey, Sodium Alginate, Wheat Flour, Yeast Extract, Cellulose Gum, Methylcellulose, Guar Gum, Dextrose, Xanthan Gum, Soy Lecithin, Paprika Extract, Turmeric Extract, Annatto Extract [Color], ), Wheat Flour, Cheddar Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes & Annatto [Color], ), Soybean Oil, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Yellow Corn Flour, Sugar, Salt, Dextrose, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Dried Whey, Paprika Extract (Color), And Turmeric Extract (Color).

## Case Specifications

<b>GTIN</b>	10026846001480	<b>Case Gross Weight</b>	6.50 LB
<b>UPC</b>		<b>Case Net Weight</b>	6 LB
<b>Pack Size</b>	1 / 6 LB	<b>Case L,W,H</b>	12.75 IN, 9 IN, 4.25 IN
<b>Shelf Life</b>	547 Days	<b>Cube</b>	0.28 CF
<b>Tie x High</b>	15 x 16		

## Preparation and Cooking

**Bake:** Preheat oven to 450°F. Place frozen product in single layer on a sheet pan and bake for 5 ¼ minutes on each side

**Convection:** Preheat oven to 450°F. Place frozen product in a single layer on a sheet pan bake for 4 ¼ minutes on each side.

**Deep Fry:** Deep fry frozen product at 350°F for 3 to 3 ½ minutes

## Serving Suggestions

3 Piece

## Packaging and Storage

Keep Frozen

## Allergens

**CONTAINS:**

Milk or Milk Derivatives, Soybeans or Soybean Derivatives, Wheat or Wheat Derivatives

**FREE FROM:**

Crustaceans or Crustacean Derivatives, Eggs or Egg Derivatives, Fish or Fish Derivatives, Molluscs or Mollusc Derivatives, Peanuts or Peanut Derivatives, Shellfish or Shellfish Derivatives, Treenuts or Treenut Derivatives