

# **JCC CAMPS AT MEDFORD**

## **NUTRITIONAL INFORMATION – CHICKEN TENDERS**

### **Of TOV Chicken Tenders**

#### **Nutrition Facts**

Serving Size: 3 strips

Calories: 190

Calories from Fat: 55

Total Fat: 6g

Saturated Fat: 2g

Transfat: 0g

Cholesterol: 20mg

Sodium: 400mg

Total Carbohydrate: 20g

Sugars: .5g

Protein: 14g

Ingredients: Chicken breast meat, water, corn syrup solids, isolated soy protein, salt, sodium phosphate, dextrose, carrageenan, hydrolyzed vegetable protein, soy protein

Breading: Blended wheat flour, vegetable oil, sugar, dextrose, yeast, salt

Batter – Water, wheat flour, maize starch, salt, carboxymethyl cellulose