



**Gold Kist Farms/Pilgrim's Pride Corp**  
**244 Perimeter Cntr Pkwy NE Atlanta, GA 30346**  
**Ph: 1-800-241-3972 Fax: (770) 393-5148**

**NUTRIENT INFORMATION FORM**

*The following nutrient information for our product is based on the certified portion size as stated on CN Label or 3 oz. edible portion on bulk items.*

**PROCESSOR NAME:** Gold Kist Farms/Pilgrim's Pride

**PRODUCT NAME:** CN FC Breaded Chicken Strip w/ ISP w/ DWE

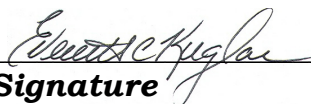
**CODE NUMBER:** 62110

**SERVING SIZE :** 4/0.85 oz

**Contribution:** 2 *M/MA Serving* 1 *Bread Serving*

062110 CN FC BRD CKN STRP WITH ISP WITH DWE

Nutrient	Per Svg 4 Pieces (96g)
<b>Basic Components</b>	
Calories (kcal)	209
Fat (g)	12
Saturated Fat (g)	2
Trans Fatty Acid (g)	0
Cholesterol (mg)	40
Carbohydrates (g)	14
Dietary Fiber (g)	1
Total Sugars (g)	1
Protein (g)	15
<b>Vitamins</b>	
Vitamin A - IU (IU)	167
Vitamin C (mg)	1
<b>Minerals</b>	
Sodium (mg)	513
Calcium (mg)	26
Iron (mg)	2

  
**Signature**

05/27/09  
**Date**