

# Chickenless Tenders (Vegan)

## INGREDIENTS

Textured Soy Protein, Water, Breading (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Whole Grain Flour Blend [Amaranth, Quinoa, Millet, Sorghum, Teff], Rice Flour, Salt, Sunflower Oil, Leavening [Cream of Tartar, Sodium Bicarbonate], Whole Grain Rolled Oats, Oat Bran, Sugar, Dextrose, Spices [Including Celery Seed], Yeast, Paprika Extract), Expeller Pressed Canola Oil, Natural Flavors, Methyl Cellulose, Potato Starch  
Contains: Wheat, Soy



## STORAGE / SHELF LIFE

24 months from date of production when stored frozen at 0°F/-18°C or below.  
Cook from frozen.

## PREPARATION

**KEEP FROZEN PRIOR TO USE.** For food safety cook to an internal temperature of 165°F. **Oven:** Preheat oven to bake at 450°F. Place tenders on an ungreased baking pan. Bake approximately 8 minutes. Carefully flip and bake an additional 8 minutes until crisp and heated through. **Skillet/Stovetop:** Preheat a nonstick pan over medium heat. Cook frozen tenders for approximately 4 minutes. Carefully flip and cook for additional 4 minutes. Continue cooking, flipping as needed, until crisp and heated through.

## Nutrition Facts

Serving Size 3 Tenders 2.6oz (73g)  
Servings Per Container 61

### Amount Per Serving

**Calories** 160    **Calories from Fat** 70

% Daily Value\*

**Total Fat** 7g    **11%**

Saturated Fat 1g    **4%**

Trans Fat 0g

Polyunsaturated Fat 2g

Monounsaturated Fat 5g

**Cholesterol** 0mg    **0%**

**Sodium** 320mg    **13%**

**Total Carbohydrate** 13g    **4%**

Dietary Fiber 3g    **10%**

Sugars 0g

**Protein** 9g

Vitamin A 0%    •    Vitamin C 0%

Calcium 4%    •    Iron 15%

\*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



## PACKAGING SPECS

UPC	080868067247
Finished Product Dimensions	
Case Pack	183/.87oz
Allowable Case Defect	Less than 5%
Case Net Weight	10 lbs
Gross Weight	11 lbs
Case Dimensions	13.05" x 8.7" x 6.75"
Case Cube (cubic feet)	.4436
Pallet Ti/Hi	14/9
GTIN	00080868067247
Country of Origin	USA

**dr. Praeger's**  
PURELY SENSIBLE FOODS

### Chickenless Tenders

**COOKING INSTRUCTIONS:** Keep Frozen Prior to Cooking. For Food Safety and Quality: Heat to a Minimum Internal Temperature of 165°F. Convection Oven (Preferred Method): Preheat oven to bake at 450°F. Place tenders on an ungreased baking pan. Bake approximately 9 minutes. Carefully flip and bake an additional 8 minutes until crisp and heated through. Skillet: Preheat a nonstick pan over medium heat. Cook frozen tenders for approximately 4 minutes. Carefully flip and cook for additional 4 minutes. Continue cooking, flipping as needed, until crisp and heated through.

**Best if used by:**  
**OCT-28-2019**

Contains: WHEAT, SOY

10 lbs (4.54kg)

Dr. Praeger's Sensible Foods, Elmwood Park, NJ 07407, Made in USA, EU# 3001237875

Keep Frozen 0°F/-18°C

As of 11/2017

**MANUFACTURED BY DR. PRAEGER'S SENSIBLE FOODS, INC.**

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