



HUNGRY PLANET CHICKEN™ CRISPY & FRIED

Hungry Planet Chicken™ Crispy & Fried is chef-crafted plant-based meat that stores, prepares, cooks and tastes just like conventional chicken. Chef-crafted to be delicious, versatile, and healthful, Hungry Planet Chicken™ Crispy & Fried is perfect for chicken parmesan, chicken and waffles, atop a salad or in a sandwich; any dish requiring conventional fried chicken. Packed with protein and fiber, with fewer calories and less fat than conventional and competitor meats, it's the healthful way to be kinder to our planet.

- *Packed with protein and fiber.*
- *No cholesterol. No antibiotics.*
- *Lower in fat. Fewer calories.*

HANDLING & COOKING INSTRUCTIONS

Keep frozen. Cook from frozen. Hungry Planet Chicken™ Crispy & Fried is fully cooked. Oven rack to center, preheat to 450°. Place frozen chicken on lightly oiled baking pan. Bake 8-10 mins. Flip chicken, bake additional 6-8 mins until golden brown and 165° internal temp. For skillet, preheat lightly oiled non-stick skillet over med-low heat. Add frozen chicken. Cover and cook 4-5 mins. Flip chicken, cover and cook additional 4-5 mins until golden brown and 165° internal temp.

INGREDIENTS

Hungry Planet Chicken™ (Water, Textured Wheat Protein, Soy Protein Concentrate, High Oleic Sunflower Oil, Modified Vegetable Gum, Natural Flavors [Includes Onion], Sea Salt, Pepper), Breadcrumbs (Wheat Flour, Sugar, Salt, Yeast, Sunflower Oil), Water, Rice Flour, Soybean Oil, Bleached Wheat Flour (Bleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Malted Barley Flour.

ALLERGENS

Contains: Wheat, Soy.

SPECIFICATIONS

Type: Cooked, Frozen, Vegan
Item Number: 20735
UPC Code: 00886844207351
Manufacturing Location: USA
Net Wt: 10lbs. (1 x 10lb packages)
Case Dimensions: 11.5"L x 8.75"W x 6"H
Cases Per Pallet: 153
Transport/Storage Temp: -10°F to 0°F
Frozen Shelf Life: 18 months
Case is marked with a use by date. MMDDYYYY

NUTRITION FACTS

Serving Size	4oz (113g)
Servings Per Container	40
Calories	180
Total Fat	10g
Saturated Fat	1g
Trans Fat	0g
Cholesterol	0mg
Sodium	330mg
Total Carb.	17g
Total Dietary Fiber	4g
Sugars	<1g
Protein	15g
Vit D	0%DV
Calcium	40mg 4%DV
Iron	1.7mg 10%DV
Potassium	270mg 6%DV

FOR MORE INFORMATION

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DOT CODE

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