



## HUNGRY PLANET CHICKEN™ CRISPY & FRIED

Hungry Planet Chicken™ Crispy & Fried is premium 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. No saturated fats. 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), Bread Crumbs (Wheat Flour, Sugar, Salt, Yeast, Sunflower Oil), Rice Flour, Water, Soybean Oil.

### 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: 12.5x8.5x8.5  
Cases Per Pallet: 100  
Transport/Storage Temp: -10°F to 0°F  
Frozen Shelf Life: 18 months  
Refrigerated Shelf Life: 5-7 days  
\*Case is marked with a use by date.  
Ex. 021418\*

### NUTRITION FACTS

Serving Size	4oz (113g)
Servings Per Container	40
Calories	230
Total Dietary Fiber	3g
Saturated Fat	.5g
Cholesterol	0mg
Trans Fat	0g
Protein	14g
Sugars	0g
Sodium	250mg
Total Fat	8g
Total Carb.	24g
Vit D	0%DV
Calcium	40mg 4%DV
Iron	1.6mg 8%DV
Potassium	260mg 6%DV

### FOR MORE INFORMATION

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### DOT CODE

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