

# 2024-2025 FACT SHEET

625300 | GOLD KIST®  
BREADED TENDER

**GOLD  
KIST®  
CHICKEN**

**PILGRIM'S® PRIDE CORP. – Gold Kist® Brand**

CODE NUMBER:	625300
M/MA CONTRIBUTION:	2
GRAIN CONTRIBUTION:	1
CALORIES	190
SODIUM	400mg
GTIN:	10075632253008
CASE DIMENSIONS:	17L x 13W x 11.43"H
SHELF LIFE:	365 days
CASE/PALLET:	56
CASE WT:	30 LBS
SERVING SIZE:	3 Pieces
DONATED FOOD/CASE:	18.08
SERVINGS/CASE:	156
GR. WT:	31.95 LBS
PALLET (TxH):	8 x 7
CASES CUBE:	1.48

Whole Grain Homestyle Breaoded fully-cooked CN labeled Chicken Strips produced from USDA 100103 natural proportion white and dark meat commodity chicken with isolated soy protein. Strips are batter breaded with whole grain wheat flour homestyle breading. Three strips provide 2 oz. meat/meat alternative and 1 grain serving. Product to provide zero grams trans fats.

**CONTAINS: SOY, WHEAT.**



## Nutrition Facts

156 servings per container  
**Serving size 3 Pieces**

**Amount per serving**  
**Calories 190**

	% Daily Value*
<b>Total Fat</b> 9g	<b>11%</b>
Saturated Fat 2g	<b>9%</b>
Trans Fat 0g	
Polyunsaturated Fat 3.5g	
Monounsaturated Fat 2.5g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 400mg	<b>17%</b>
<b>Total Carbohydrate</b> 13g	<b>5%</b>
Dietary Fiber 2g	<b>6%</b>
Total Sugars less than 1g	
Includes less than 1g Added Sugars	<b>1%</b>
<b>Protein</b> 15g	

Vit D 0.1mcg 0% • Calcium 20mg 2%  
Iron 1.6mg 10% • Potas. 210mg 5%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**GOLD  
KIST  
CHICKEN**

**Fully Cooked**  
**625300**  
**WHOLE GRAIN HOME-STYLE BREADED  
CHICKEN STRIP SHAPED CHICKEN PATTIES**

**INGREDIENTS:** Chicken, Water, Isolated Soy Protein, Sugar, Reduced Sodium Sea Salt (Sea Salt, Potassium Chloride, Rice Flour), Sodium Phosphates, White Pepper, Onion Powder, Garlic Powder. **Breaded With:** Whole Wheat Flour, Enriched Wheat Flour (Enriched With Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Sugar, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Spice, Ascorbic Acid (Vitamin C), Dextrose, Garlic Powder, Extractives Of Paprika. **Battered With:** Water, Whole Wheat Flour, Modified Corn Starch, Sugar, Salt, Onion Powder, Leavening (Calcium Acid Pyrophosphate, Monocalcium Phosphate, Sodium Bicarbonate), Garlic Powder, Chicken Broth, Maltodextrin, Dextrose, Yeast Extract, Enriched Wheat Flour (Enriched With Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Ascorbic Acid (Vitamin C), Natural And Artificial Flavors, Lactic Acid, Extractives Of Paprika. **Preadusted With:** Whole Wheat Flour, Modified Corn Starch, Salt, Onion Powder, Garlic Powder, Maltodextrin, Ascorbic Acid (Vitamin C), Natural And Artificial Flavors, Enriched Wheat Flour (Enriched With Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Dextrose, Leavening (Sodium Bicarbonate, Sodium Acid Pyrophosphate, Monocalcium Phosphate), Lactic Acid, Extractives Of Paprika. Breading set in Vegetable Oil.  
**CONTAINS: SOY, WHEAT**

Copy Not For Documenting Federal Meal Pattern Requirements

**HEATING INSTRUCTIONS FROM FROZEN:** **Conventional Oven:** Preheat oven to 350°F. Place frozen chicken pieces in a single layer on an ungreased baking pan. Bake uncovered for 30 minutes. **Convection oven:** Preheat oven to 350°F. Place frozen chicken pieces in a single layer on an ungreased baking pan. Bake uncovered for 12 minutes. Fully heat to an internal temperature of 165°F. Appliances vary, adjust heat times accordingly.



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\*Above Nutrition Facts information for product 625300 is based on the serving size stated on the attached Product Formulation Statement to provide stated equivalencies.