

# Crispy Chicken Cutlets

## Deep Fryer

Recommended

Set deep fryer temperature to **360° F**. Place cutlets into the deep fryer. Deep fry for **5 minutes**.

## Air Fryer

Set air fryer temperature to **400° F**. Place cutlets into the air fryer. Air fry for **13 minutes**, flipping once halfway.

## Oven

Pre-heat oven to **425° F**. Place cutlets evenly onto a baking sheet. Transfer to oven and bake for **17 minutes**, flipping once halfway.



Nutrition Facts	
<b>Serving Size</b>	<b>1 piece (130g)</b>
Amount per serving	
<b>Calories</b>	<b>270</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 12g	<b>15%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 810mg	<b>35%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 24g	
Vitamin D 0mcg	<b>0%</b>
Calcium 61mg	<b>4%</b>
Iron 4mg	<b>20%</b>
Potassium 119mg	<b>2%</b>

\*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.

## Ingredients

Water, Soy Protein Isolate, Soybean Oil, Wheat Protein Isolate, Enriched Wheat Flour (Enriched with Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Canola Oil.

### CONTAINS 2% OR LESS OF:

Tapioca Dextrin, Cornstarch, Modified Cornstarch, Sea Salt, Yeast Extract, Maltodextrin, Natural Flavor, Onion Powder, Garlic Powder, Yellow Corn Flour, Sodium Alginate, Methylcellulose, Spice, Dextrose, Paprika, Vinegar.

↳ CONTAINS SOY AND WHEAT

**GTIN** 10850015437370

**Weight** 10LBS

