

**GFS Diced Chicken, 60% White 40% Dark, 1 Inch, Cooked, Frozen, 10 Lb Bag, 1/Case**Item Number: 290599 

Dark and white meat chicken has been diced into one inch pieces, enabling use in a variety of applications. It can be used to create savory pot pies, chicken and dumplings, tacos, and more.

- Contains no artificial ingredients, ensuring a 100 percent meat product

1/Case

\$28.84  
\$0.18/oz

QTY

## Nutrition

Based On: AP Chicken, Nat, GFS Rounding: On 

### Ingredients

Natural Proportion Chicken Meat (50-65% White, 50-35% Dark).  
COMMON ALLERGENS PRESENT: None. Nutrition and Ingredient statement updated July 2014. The ingredient and nutrition information provided here reflects the current information provided to GFS by its suppliers. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product.

### Nutrition Facts

Serving Size 3 oz (85g)	
Amount Per Serving	
<b>Calories</b> 130	Calories From Fat 22.5
% Daily Value *	
<b>Fat</b> 2.5g	4%
Saturated Fat1g	5%
Trans Fat0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
<b>Cholesterol</b> 70mg	23%
<b>Sodium</b> 45mg	2%
<b>Potassium</b>	n/a
<b>Carbohydrates</b> 0g	n/a
Fiber0g	n/a
Sugar0g	
<b>Protein</b> 26g	52%
Vitamin A IU 0% Vitamin C 0% Calcium 0% Iron 6%	
* Based on a 2000 calories diet	
<b>Calories Per Gram:</b>	
Fat: 9 Carbohydrates: 4 Protein: 4	

**School Equivalents:**

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

**Water Soluble Vitamins:**

Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	0 mg

**Updated For New Final Rule:**

Meat/Meat Alternative	n/a
Grain/Breads	n/a
Fruit	n/a
Red/Orange	n/a
Dark Green	n/a
Starchy	n/a
Beans/Peas	n/a
Other	n/a
Notes:	n/a

**Fat Soluble Vitamins:**

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	0 IU

**Minerals:**

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	1.08 mg
Manganese	n/a
Iodine	n/a

**Additional Images**

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