

Chickn Bites



Small bites, big flavor, crispy on the outside, tender and tasty within, these vegan Chickn bites are a family-friendly favorite for snacking anytime.



Water, Soybean Oil, Soybean Protein Powder, Wheat Gluten, Soybean Protein Isolate, Corn Starch, Spices, Salt, Sugar, Yeast Extract, Konjac Powder, Flavors.

Nutrition Facts

About 3 Servings Per Container

Serving Size 1 Cup (100g)

	Per serving	Per container
Calories	240	680
	% Daily Value*	% Daily Value*
Total Fat	14g 18%	40g 51%
Saturated Fat	3g 16%	9g 45%
Trans Fat	0g	0g
Cholesterol	0mg 0%	0mg 0%
Sodium	750mg 33%	2140mg 93%
Total Carb.	11g 4%	32g 12%
Dietary Fiber	2g 9%	7g 25%
Total Sugars	1g	3g
Incl. Added Sugars	less than 1g 1%	2g 4%
Protein	18g	52g
Vitamin D	0mcg 0%	0mcg 0%
Calcium	40mg 4%	120mg 10%
Iron	2.8mg 15%	8mg 45%
Potassium	150mg 4%	430mg 10%

* 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.

Recommended Cooking Method



Air Fry

Heat air fryer to 375 ° F. Add Chickn Bites and cook until browned and crispy, flipping halfway through. Approx 7 – 10 Minutes.



Bake

Heat oven to 375 ° F. On a baking sheet add the Chickn Bites, Cook until browned and crispy 15 – 20 Minutes, flipping halfway through.