



# CHICKEN STRIPS

## INGREDIENTS

CHICKEN BREAST WITH RIB MEAT, WATER, SEASONED BREADING [WHEAT FLOUR, MODIFIED CORNSTARCH, SALT, SPICES, SODIUM PHOSPHATES, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORNSTARCH, MONOCALCIUM PHOSPHATE)], GARLIC POWDER, ONION POWDER, PAPRIKA (COLOR), CELERY SEED], BATTER [WATER, WHEAT FLOUR, MODIFIED CORNSTARCH, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), SPICES, GARLIC POWDER, ONION POWDER, PAPRIKA (COLOR), XANTHAN GUM, YEAST EXTRACT], CONTAINS 2% OR LESS OF: SALT, SPICES, SODIUM PHOSPHATE, GARLIC POWDER, ONION POWDER, PAPRIKA EXTRACT (COLOR), CANOLA OIL.

**CONTAINS: WHEAT.**  
**MAY CONTAIN: MILK, SOY, EGG.**

Please note: Ingredients may vary slightly by location. Always refer to the package or in-restaurant information for the most accurate details.

Source: Costco Food Court (Canada) – May 2024

Nutrition information is based on standard recipes and may vary by location.



# CHICKEN STRIPS & FRIES

## NUTRITION FACTS

Serving Size	1 Order (Chicken Strips & Fries)		
Servings Per Container	1		
<b>Amount Per Serving</b>			
<b>Calories</b>	<b>1380</b>		
		<b>% Daily Value*</b>	
<b>Total Fat</b> 74 g		<b>95%</b>	
Saturated Fat 10 g		<b>50%</b>	
Trans Fat 0.5 g			
<b>Cholesterol</b> 130 mg		<b>43%</b>	
<b>Sodium</b> 2710 mg		<b>118%</b>	
<b>Total Carbohydrate</b> 120 g		<b>44%</b>	
Dietary Fiber 6 g		<b>21%</b>	
Total Sugars 2 g			
Includes 0 g Added Sugars		<b>0%</b>	
<b>Protein</b> 64 g			
Vitamin D 0 mcg	0%	Calcium 50 mg	4%
Iron 4 mg	20%	Potassium 1530 mg	35%

\*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.

Calories per gram:  
Fat 9 • Carbohydrate 4  
• Protein 4

Nutrient	Amount Per Serving
Total Fat	Less than 65g
Sat Fat	Less than 20g
Cholesterol	Less than 300mg
Sodium	Less than 2,400mg
Total Carbohydrate	300g
Dietary Fiber	25g
Protein	50g

Source: Costco Food Court (Canada) – May 2024