



Fully Cooked

## Grilled Breast Filets (4 oz Avg)

*A fully cooked, grill seasoned, marinated breast filet can be the basis of dozens of dishes. The easy preparation of this filet makes it perfect for banquets, catering and quick lunch service. Try it cut up in a salad or topped with grilled mushrooms and onions.*

Product Information	
Product Code: 130257	
Case UPC: 10037371012575	
Package UPC: 037371012578	
Inner Pack Quantity: 2	Weight: 5.00 lbs.
Net Case Weight: 10.0000 lbs.	
Tare Weight: 1.0554 lbs.	
Case Dimensions: 8.0625x9.8125x12.3750	
Cases Per Pallet: 150	Shelf Life: 12 Months
TI/Hi: 15/10	Cube: 0.5666

### Cooking Instructions

*CONVENTIONAL OVEN: Preheat oven to 400°F. Place frozen fillets on a baking sheet. Bake for 13 to 15 minutes.*

*GRILL: Place frozen fillets on grill over medium-hot coals/heat. Grill 14 - 18 minutes, turning fillets halfway through heating.*

*MICROWAVE: Place frozen fillets on microwave-safe dish and heat on high power for 3 to 4 minutes.*

*OVEN TEMPERATURES MAY VARY. Adjust cooking times accordingly.*

### Nutritional Information

Serving Size	1 fillet (113 g)	
Serving Per Container	about 40	
<b>Amount Per Serving</b>		
<b>Calories</b>	130	
Calories from fat	25	
	<b>% DV</b>	
<b>Total Fat</b>	3 g	<b>4%</b>
Saturated Fat	1 g	<b>4%</b>
Trans Fat	0 g	
<b>Cholesterol</b>	55 mg	<b>19%</b>
<b>Sodium</b>	500 mg	<b>21%</b>
<b>Total Carbohydrates</b>	1 g	<b>0%</b>
Dietary Fiber	0 g	<b>0%</b>
Sugars	0 g	
<b>Protein</b>	24 g	
Vitamin A	0%	
Vitamin C	6%	
Calcium	0%	
Iron	8%	

### Ingredients

*Boneless Skinless Chicken Breast with Rib Meat, Water, Seasoning [Maltodextrin, Salt, Hydrolyzed Soy Protein, Mustard, Grill Flavor (from Sunflower Oil), Onion Powder, Garlic Powder, Spice, Caramel Color, Natural Flavor (including Smoke Flavor)], Modified Food Starch, Whey Protein Concentrate, and Sodium Phosphate. GLAZED WITH: Water, Soybean Oil, Salt, Hydrolyzed Soy Protein, Mustard Flour, Maltodextrin, Modified Corn Starch, Grill Flavor (from Sunflower Oil), Onion Powder, Garlic Powder, Cellulose Gum, Spice, Citric Acid, Caramel Color, Natural Flavor (including Smoke Flavor), Xanthan Gum, Guar Gum.*

### Storage & Distribution

*Product will be stored at 0 F or below and will not exceed 10 F during shipping.*