



Individually Quick Frozen (IQF)

7 oz. "Steakhouse" Filet

Ready to cook steakhouse boneless chicken breasts are a popular choice for lunch and dinner menus, perfect for a banquet, or your go-to starting point for classic chicken dishes. Add a rub or sauce to create a signature dish.

Product Information

Product Code: 131426	
Case UPC: 10037371314266	
Package UPC: 037371314269	
Inner Pack Quantity: 3	Weight: 5.00 lbs.
Net Case Weight: 15.0000 lbs.	
Tare Weight: 2.1817 lbs.	
Case Dimensions: 10.3125x11.0000x14.6250	
Cases Per Pallet: 70	Shelf Life: 12 Months
TI/Hi: 10/7	Cube: 0.9601

Nutritional Information

Serving Size	1 fillet (198 g)	
Serving Per Container	about 34	
Amount Per Serving		
Calories	190	
Calories from fat	20	
		% DV
Total Fat	2 g	3%
Saturated Fat	0.5 g	3%
Trans Fat	0 g	
Cholesterol	105 mg	35%
Sodium	660 mg	28%
Total Carbohydrates	0 g	0%
Dietary Fiber	0 g	0%
Sugars	0 g	
Protein	41 g	
Vitamin A	0%	
Vitamin C	4%	
Calcium	2%	
Iron	8%	

Storage & Distribution

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

Cooking Instructions

CONVENTIONAL OVEN: Preheat oven to 400°F. Place frozen filets on a baking sheet. Bake for 20 - 25 minutes or until thoroughly cooked (internal temperature of at least 170°F).

GRILL: Place frozen filets on grill over medium-hot coals/heat. Grill 15 - 20 minutes, turning fillets halfway through heating.

GRIDDLE: 8 - 10 minutes on each side at 350°F from frozen.

Oven and Griddle Temperatures May Vary. Adjust cooking times accordingly.

Ingredients

Frying Chicken Boneless Breast With Rib Meat Containing Up To 12% Of A Solution Of Water, Salt And Sodium Phosphate.