



Individually Quick Frozen (IQF)

8 oz. "Steakhouse" Filet

These ready to cook steakhouse boneless chicken breasts make a great addition to any meal. Serve them up with steamed vegetables and rice or dice them up and top off your favorite salad.

Product Information	
Product Code: 131427	
Case UPC: 10037371314273	
Package UPC: 037371314276	
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/HL: 10/7	Cube: 0.9601

Cooking Instructions
<i>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).</i>
<i>GRILL: Place frozen filets on grill over medium-hot coals/heat. Grill 15 - 20 minutes, turning fillets halfway through heating.</i>
<i>GRIDDLE: 8 - 10 minutes on each side at 350°F from frozen.</i>
<i>Oven and Griddle Temperatures May Vary. Adjust cooking times accordingly.</i>

Nutritional Information		
Serving Size	1 fillet (227 g)	
Serving Per Container	about 30	
Amount Per Serving		
Calories	220	
Calories from fat	20	
	% DV	
Total Fat	2.5 g	4%
Saturated Fat	0.5 g	3%
Trans Fat	0 g	
Cholesterol	120 mg	40%
Sodium	760 mg	32%
Total Carbohydrates	0 g	0%
Dietary Fiber	0 g	
Sugars	0 g	
Protein	47 g	
Vitamin A	0%	
Vitamin C	4%	
Calcium	2%	
Iron	10%	

Ingredients

Frying Chicken Boneless Skinless Breast With Rib Meat Containing Up To 12% of a solution of Water, Salt and Sodium Phosphate.

Storage & Distribution

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