



Individually Quick Frozen (IQF)

5 oz. "Steakhouse" Fillet

These ready to cook steakhouse boneless chicken breasts make a great addition to any meal. Serve them as the main entree with some steamed vegetables and rice or dice them up and add them to your favorite salad.

Product Information

Product Code: 131454
Case UPC: 10037371314549
Package UPC: 037371314542
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

Nutritional Information

Serving Size	1 fillet (142 g)	
Serving Per Container	about 48	
Amount Per Serving		
Calories	120	
Calories from fat	10	
		% DV
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	80 mg	27%
Sodium	570 mg	24%
Total Carbohydrates	0 g	0%
Dietary Fiber	0 g	0%
Sugars	0 g	
Protein	27 g	
Vitamin A	0%	
Vitamin C	0%	
Calcium	0%	
Iron	2%	

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 18 - 22 minutes or until thoroughly cooked (internal temperature of at least 170°F).

GRILL: Place frozen filets on grill over medium-hot coals/heat. Grill 12 - 16 minutes, turning fillets halfway through heating.

GRIDDLE: 6 - 8 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.