



Individually Quick Frozen (IQF)

## 6 oz. "Steakhouse" Filet

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

Product Information	
Product Code: 131956	
Case UPC: 10037371319568	
Package UPC: 037371319561	
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 (170g)	
Serving Per Container	about 40	
<b>Amount Per Serving</b>		
<b>Calories</b>	140	
Calories from fat	15	
	<b>% DV</b>	
<b>Total Fat</b>	1.5 g	<b>2%</b>
Saturated Fat	0 g	<b>0%</b>
Trans Fat	0 g	
<b>Cholesterol</b>	95 mg	<b>32%</b>
<b>Sodium</b>	680 mg	<b>28%</b>
<b>Total Carbohydrates</b>	0 g	<b>0%</b>
Dietary Fiber	0 g	
Sugars	0 g	
<b>Protein</b>	32 g	
Vitamin A	0%	
Vitamin C	0%	
Calcium	0%	
Iron	4%	

### 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.*