



Individually Quick Frozen (IQF)

4 oz. "Select" Breast Filet

These ready to cook steakhouse boneless chicken breasts make a great addition to any meal. Serve them with steamed vegetables and rice or top off with some mushrooms and onions.

| Product Information | |
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| Product Code: 132033 | |
| Case UPC: 10037371320335 | |
| Package UPC: 037371320338 | |
| Inner Pack Quantity: 4 | Weight: 5.00 lbs. |
| Net Case Weight: 20.0000 lbs. | |
| Tare Weight: 1.6912 lbs. | |
| Case Dimensions: 11.5000x10.0000x18.7500 | |
| Cases Per Pallet: 60 | Shelf Life: 12 Months |
| TI/Hi: 10/6 | Cube: 1.2478 |

| Cooking Instructions |
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| <i>CONVENTIONAL OVEN: Preheat oven to 400°F. Place frozen filets on a baking sheet. Bake for 15 - 20 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 8 - 12 minutes, turning fillets halfway through heating.</i> |
| <i>GRIDDLE: 4 - 6 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 (113 g) | |
| Serving Per Container | about 80 | |
| Amount Per Serving | | |
| Calories | 90 | |
| Calories from fat | 5 | |
| | % DV | |
| Total Fat | 0 g | 0% |
| Saturated Fat | 0 g | 0% |
| Trans Fat | 0 g | |
| Cholesterol | 60 mg | 20% |
| Sodium | 420 mg | 18% |
| Total Carbohydrates | 0 g | 0% |
| Dietary Fiber | 0 g | 0% |
| Sugars | 0 g | |
| Protein | 22 g | |
| Vitamin A | 0% | |
| Vitamin C | 0% | |
| Calcium | 0% | |
| Iron | 2% | |

Ingredients

Frying Chicken Boneless Skinless Breast with Rib Meat containing up to 18% 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.