



Individually Quick Frozen (IQF)

5 oz. "Select" Breast 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 top them off with some onions and mushrooms.

Product Information

Product Code: 132036	
Case UPC: 10037371320366	
Package UPC: 037371320369	
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

Nutritional Information

Serving Size	1 filet (142g)	
Serving Per Container	about 64	
Amount Per Serving		
Calories	120	
Calories from fat	5	
		% DV
Total Fat	0.5 g	1%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	75 mg	25%
Sodium	530 mg	22%
Total Carbohydrates	1 g	0%
Dietary Fiber	0 g	0%
Sugars	0 g	
Protein	27 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 16 - 21 minutes or until thoroughly cooked (internal temperature of at least 170°F).

GRILL: Place frozen filets on grill over medium-hot coals/heat. Grill 10 - 14 minutes, turning fillets halfway through heating.

GRIDDLE: 5 - 7 minutes on each side at 350°F from frozen.

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

Ingredients

Frying Chicken Boneless Skinless Breast with Rib Meat containing up to 18% of a solution of Water, Salt and Sodium Phosphate.