



Individually Quick Frozen (IQF)

## 6 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 mushrooms and onions.*

### Product Information

Product Code: 132039	
Case UPC: 10037371320397	
Package UPC: 037371320390	
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 (170g)	
Serving Per Container	about 53	
<b>Amount Per Serving</b>		
<b>Calories</b>	140	
Calories from fat	5	
	% DV	
<b>Total Fat</b>	0.5 g	1%
Saturated Fat	0 g	0%
Trans Fat	0 g	
<b>Cholesterol</b>	95 mg	32%
<b>Sodium</b>	640 mg	27%
<b>Total Carbohydrates</b>	1 g	0%
Dietary Fiber	0 g	0%
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 Skinless Breast with Rib Meat containing up to 18% of a solution of Water, Salt and Sodium Phosphate.*