



Ready to Cook

Thighs

TenderBird features a popular variety of restaurant quality chicken selections individually frozen for freshness and convenience. These bone-in, skin-on thighs are perfect both oven and grill.

Product Information

Product Code: 232617	
Case UPC: 10037371016177	
Package UPC: 037371016170	
Inner Pack Quantity: 10	Weight: 3.00 lbs.
Net Case Weight: 30.0000 lbs.	
Tare Weight: 2.4941 lbs.	
Case Dimensions: 11.3750x13.0000x19.5625	
Cases Per Pallet: 49	Shelf Life: 15 Months
TI/HL: 7/7	Cube: 1.6741

Nutritional Information

Serving Size	4 oz edible portions (112)	
Serving Per Container	about 10	
Amount Per Serving		
Calories	170	
Calories from fat	110	
		% DV
Total Fat	12 g	18%
Saturated Fat	3.5 g	18%
Trans Fat	0 g	
Cholesterol	85 mg	28%
Sodium	350 mg	15%
Total Carbohydrates	0 g	0%
Dietary Fiber	0 g	0%
Sugars	0 g	
Protein	16 g	
Vitamin A	0%	
Vitamin C	0%	
Calcium	4%	
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:

1. Arrange chicken thighs in a single layer on a shallow oven roasting pan.
2. Cook at 375°F until thoroughly cooked (internal temperature of at least 180°F).
3. To prevent overcooking, check product at 20 minutes and then at 10 minute intervals until product is thoroughly cooked.
4. Let stand 3 to 5 minutes before serving.

Oven temperatures may vary. Adjust cooking times accordingly.

Ingredients

Chicken Thighs Containing up to 15% Seasoned Chicken Broth

Chicken Broth Ingredients: Chicken Broth, Salt, and Sodium Phosphates.