



Individually Quick Frozen (IQF)

Boneless Skinless Breast Filets

Individually Quick Frozen boneless skinless breast filets make a perfect starting point for a wide range of dishes. These marinated boneless skinless breast filets are a versatile lean protein to add to stir-fries, soups, and more chicken dishes.

Product Information	
Product Code: 242940	
Case UPC: 10037371009407	
Package UPC: 037371009400	
Inner Pack Quantity: 10	Weight: 3.00 lbs.
Net Case Weight: 30.0000 lbs.	
Tare Weight: 2.4862 lbs.	
Case Dimensions: 11.3750x13.0000x19.5625	
Cases Per Pallet: 49	Shelf Life: 15 Months
TI/Hi: 7/7	Cube: 1.6741

Nutritional Information		
Serving Size	4 ozs. (112 g)	
Serving Per Container	12	
Amount Per Serving		
Calories	120	
Calories from fat	30	
	% DV	
Total Fat	3.5 g	5%
Saturated Fat	1 g	5%
Trans Fat	0 g	
Cholesterol	35 mg	12%
Sodium	450 mg	19%
Total Carbohydrates	0 g	0%
Dietary Fiber	0 g	0%
Sugars	0 g	
Protein	20 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:**
1. Arrange chicken breasts in a single layer on a shallow oven roasting pan.
 2. Cook at 375°F until thoroughly cooked (internal temperature of at least 170°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

Boneless Skinless Chicken Breasts With Rib Meat Containing Up To 18% Seasoned Chicken Broth

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