



Ready to Cook

Boneless Skinless Thighs

TenderBird features a popular variety of restaurant quality chicken selections, individually frozen for freshness and convenience.

Product Information	
Product Code:	910048
Case UPC:	10037371100487
Package UPC:	037371100480
Inner Pack Quantity:	10
Weight:	3.00 lbs.
Net Case Weight:	30.0000 lbs.
Tare Weight:	2.7307 lbs.
Case Dimensions:	8.0000x15.1250x23.1250
Cases Per Pallet:	40
Shelf Life:	15 Months
TI/HL:	5/8
Cube:	1.6193

Nutritional Information		
Serving Size	4 oz (112 g)	
Serving Per Container	12	
Amount Per Serving		
Calories	140	
Calories from fat	60	
		% DV
Total Fat	7 g	11%
Saturated Fat	2 g	10%
Trans Fat	0 g	
Cholesterol	80 mg	27%
Sodium	380 mg	16%
Total Carbohydrates	1 g	0%
Dietary Fiber	0 g	0%
Sugars	0 g	
Protein	18 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 thigh filets 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 Thighs Containing Up To 15% Seasoned Chicken Broth

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