Speedy Bird™ Grill Marked Boneless, Skinless Chicken Breast 6 oz.

Fully Cooked Grill Marked Boneless, Skinless Chicken Breast is a natural shaped and sized boneless and skinless chicken breast. This product is marinated in a chicken broth marinade, fully cooked and individually quick frozen.

Product Information

Product Code: 8619
Product Size: 6 oz. Avg
Packaging: 2/5#
Case Cube: 0.55
Pallet Ti/Hi: 10 x 12
Date Coding: Calendar

UPC Code: 099655086194
Piece Count: 26 piece Avg
Net Case Weight: 10lbs
Case Dimensions: 17.00 x 9.75 x 5.75
Case Per Pallet: 120

Nutrition Facts

Serving Size 1 filet (170g)
Servings Per Container

Amount Per Serving

Calories 170	Calories from Fat 15
	% Daily Value*
Total Fat 2g	**3%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 85mg	**28%**
Sodium 510mg	**21%**
Total Carbohydrate 3g	**1%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 34g	

Vitamin A 0% • Vitamin C 2%
Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredient Statement

Ingredients: Chicken Breast Meat, Water, Modified Food Starch, Seasoning (Chicken Broth, Maltodextrin, Salt, Flavor), Salt, Sodium Phosphate, Carrageenan.

Product Handling

- Keep at 0 degrees F or below
- 365 day shelf life from date of pack

Cooking Instructions

- Convection Oven: 15-16 minutes @ 350 degrees F
- Conventional Oven: 15-18 minutes @ 400 degrees F
- Microwave: 6-8 minutes on high
- Cooking times vary with equipment used. Please ensure poper interal temperature (165 degrees F)

Townsend

SPEEDY BIRD CHICKEN PRODUCTS