Nutrition Facts

Serving Size 1 Filet (114g)
Servings Per Container

Amount Per Serving

Calories 110	Calories from Fat 10
	% Daily Value*
Total Fat 1g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 55mg	**18%**
Sodium 280mg	**12%**
Total Carbohydrate 0g	**0%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 23g	

Vitamin A 0%	• Vitamin C 2%
Calcium 2%	• Iron 4%

*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

4oz Chef's Select™ Marinated Individually Frozen Breast Filets

Ready to Cook Boneless, Skinless Breast Filets, Pre-trimmed and Flattened for use right out of the freezer. Savory Marination formulation with reduced sodium. Great flavor "as-is" or add your own flavors.

Chef's Select Filets are designed to be cooked from a frozen state.

Product Information

Product Code: 3310
UPC Code: 099655033105
Case Cube: 0.55
Pallet Ti/Hi: 10 x 12
Case Per Pallet: 120
Date Coding: Calendar

Case Dimensions: 17.00 x 9.75 x 5.75
Product Weight: 4.0oz Avg
Piece Count: 40 pieces Avg
Net Case Weight: 10lbs
Packaging: 2/5#

Ingredient Statement

Chicken Breast Filets Containing a solution of up to 15% of Water, Salt and Sodium Phosphate.

Product Handling

- Keep at 0° F or below
- 365 Day Shelf Life from Date of Pack

Cooking Instructions

- Grill: 12-14 Minutes @ 350°
- Convection Oven: 12-14 Minutes @ 350°
- Conventional Oven: 20-22 Minutes @ 400°
- Cooking Times Vary with Equipment Used Please Ensure Proper Internal Temperature (165° F)

Townsend

Chef's Select IF BREAST FILETS