



7oz 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: 3341	UPC Code: 099655033419
Product Weight: 7.0oz Avg	Case Dimensions: 17.00 x 9.75 x 5.75
Piece Count: 23 pieces Avg	Case Cube: 0.55
Net Case Weight: 10lbs	Pallet Ti/Hi: 10 x 12
Packaging: 2/5#	Case Per Pallet: 120
Date Coding: Calendar	

Ingredient Statement

Chicken Breast Filets, Contains Less Than 2% Retained Water.

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)

Nutrition Facts

Serving Size 1 Filet (198g)
Servings Per Container

Amount Per Serving

Calories 190 **Calories from Fat** 20

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 100mg **33%**

Sodium 490mg **20%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 40g

Vitamin A 0% • **Vitamin C** 4%

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

