



# 8oz 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

<b>Product Code:</b> 3352	<b>UPC Code:</b> 0996550333525
<b>Product Weight:</b> 8.0oz Avg	<b>Case Dimensions:</b> 17.00 x 9.75 x 5.75
<b>Piece Count:</b> 20 pieces Avg	<b>Case Cube:</b> 0.55
<b>Net Case Weight:</b> 10lbs	<b>Pallet Ti/Hi:</b> 10 x 12
<b>Packaging:</b> 2/5#	<b>Case Per Pallet:</b> 120
<b>Date Coding:</b> Calendar	

## 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: 14-16 Minutes @ 350°
- Convection Oven: 15-17 Minutes @ 350°
- Conventional Oven: 22-25 Minutes @ 400°
- Cooking Times Vary with Equipment Used Please Ensure Proper Internal Temperature (165° F)

## Nutrition Facts

Serving Size 1 Filet (227g)  
Servings Per Container

Amount Per Serving

**Calories 220**    **Calories from Fat 20**

% Daily Value\*

**Total Fat 2.5g** **4%**

    Saturated Fat 0.5g **3%**

    Trans Fat 0g

**Cholesterol 115mg** **38%**

**Sodium 560mg** **23%**

**Total Carbohydrate 0g** **0%**

    Dietary Fiber 0g **0%**

    Sugars 0g

**Protein 46g**

Vitamin A 0%    •    Vitamin C 4%

Calcium 2%    •    Iron 8%

\*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

