# 5oz Chef's Select™ Individually Frozen Breast Filets

Ready to Cook Boneless, Skinless Breast Filets, Pre-trimmed and Flattened for use right out of the freezer. 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:** 3323
**Product Weight:** 5.0oz Avg
**Piece Count:** 32 pieces Avg
**Net Case Weight:** 10lbs
**Packaging:** 2/5#
**Date Coding:** Calendar

**UPC Code:** 099655033235
**Case Dimensions:** 17.00 x 9.75 x 5.75
**Case Cube:** 0.55
**Pallet Ti/Hi:** 10 x 12
**Case Per Pallet:** 120

## 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 (142g)
Servings Per Container

**Amount Per Serving**

| | |
|---|---|
| **Calories** 160 | Calories from Fat 15 |
| | % Daily Value* |
| **Total Fat** 2g | 3% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| **Cholesterol** 80mg | 27% |
| **Sodium** 90mg | 4% |
| **Total Carbohydrate** 0g | 0% |
| Dietary Fiber 0g | 0% |
| Sugars 0g | |
| **Protein** 33g | |

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