



7oz 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: 3343	UPC Code: 099655033433
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 (199g)
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 130mg	5%
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