



# Speedy Bird™ Fully Cooked 6oz Breaded Chicken Breast Filets

Fully Cooked Breaded Breast Filets with a Natural Chicken Flavor covered in a Golden Brown Breading.

## Product Information

<b>Product Code:</b> 8970	<b>UPC Code:</b> 099655089706
<b>Product Size:</b> 6.0oz Avg	<b>Piece Count:</b> 26 pieces Avg
<b>Packaging:</b> 2/5#	<b>Net Case Weight:</b> 10lbs
<b>Case Cube:</b> 0.55	<b>Case Dimensions:</b> 17.00 x 9.75 x 5.75
<b>Pallet Ti/Hi:</b> 10 x 12	<b>Case Per Pallet:</b> 120
<b>Date Coding:</b> Calendar	

## Ingredient Statement

Chicken Breast, chicken broth, modified food starch, salt, sodium phosphates, and flavoring. Breaded with enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, nonfat dry milk, dextrose, partially hydrogenated soybean oil, sugar, dried yeast, leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), yeast extract and natural flavor. Battered with yellow corn flour, enriched unbleached wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), whey protein concentrate, spice, salt, guar gum, carrageenan, and baking soda. Predusted with wheat flour, wheat gluten, egg white solids, and salt. Breading set in soybean oil. CONTAINS: Wheat, Milk, and Eggs.

## Product Handling

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

## Cooking Instructions

- Fryer: 3-5 Minutes @ 350°
- Convection Oven: 11-12 Minutes @ 350°
- Conventional Oven: 12-15 Minutes @ 400°
- Microwave: 3-4 Minutes on High
- Cooking Times Vary with Equipment Used Please Ensure Proper Internal Temperature (165° F)



## Nutrition Facts

Serving Size (113g)  
Servings Per Container

Amount Per Serving

**Calories 210**    **Calories from Fat 70**

% Daily Value\*

<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 45mg	<b>14%</b>
<b>Sodium</b> 640mg	<b>27%</b>
<b>Total Carbohydrate</b> 18g	<b>6%</b>
Dietary Fiber 1g	<b>6%</b>
Sugars 1g	
<b>Protein</b> 16g	

Vitamin A 0%    •    Vitamin C 4%  
Calcium 2%    •    Iron 20%

\*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