

**Boneless breast**

# Elmira 'Select' Chicken Boneless Skinless Breasts



**Elmira Poultry recognized the current needs of the Foodservice industry and has updated their Boneless Breast grades. Similar to our previous Elmira brand, our Select Boneless will still have that excellent texture and flavour along with improved cook results!**

Brand: Elmira Select  
 Category: 1-BNLS  
 IFDA Category: Poultry  
 IFDA Class: Chicken Breasts, Frozen  
 Suggested Serving: 1 Piece

**Features & Benefits**

- High End Meat Protein ~18%
- Phosphates added to minimize cook shrink
- Natural Breast shape
- Portion Controlled - Uniform Cook / Portion cost

**Recommended Usage**

Still top notch and in line with our competitors' upper scale of boneless, Elmira's 'Select' grade of boneless has the quality & price perfect for a variety of applications.

**Cooking Instructions**

Pan fry: Fry frozen breasts in 2 tbsps canola oil over medium-high heat for 5-7 minutes per side or until cooked. Grill: Preheat grill to medium heat, grill frozen breasts 8-9 minutes per side or until cooked through. Oven: 425F for 18min,

Poultry must reach a minimum internal temperature of 170°F (71°C)  
 Perishable KEEP FROZEN Store at or below 0°F (-18°C)

**Product & Nutritional Information**

Product Code	Product Description	Portions / Case	Av Servings / Case	Nutritional Analysis per 100g						
				Energy	Protein	Fat	Carbs	Cholesterol	Sodium	Potassium
1-10-1600	Elmira 'Select' Random			89 Cal	17 g	2.2 g	0.1 g	36 mg	411 mg	219 mg
1-10-1630	Elmira 'Select' 3oz	~47	47	89 Cal	17 g	2.2 g	0.1 g	36 mg	411 mg	219 mg
1-10-1640	Elmira 'Select' 4oz	~35	35	89 Cal	17 g	2.2 g	0.1 g	36 mg	411 mg	219 mg
1-10-1650	Elmira 'Select' 5oz	~28	28	89 Cal	17 g	2.2 g	0.1 g	36 mg	411 mg	219 mg
1-10-1660	Elmira 'Select' 6oz	~23	23	89 Cal	17 g	2.2 g	0.1 g	36 mg	411 mg	219 mg

**Packaging Information**

Product Code	Case Wt (kg's)		SCC-14	Case Dimensions (cm)			Cubic m	Pallet		
	Gross	Net		Length	Width	Height		Tie	High	Total
	1-10-1600	4.00		4.00	007-71652-52145-7	40.2		24.9	12.7	0.013
1-10-1630	4.00	4.00	007-71652-52150-1	40.2	24.9	12.7	0.013	10	12	120
1-10-1640	4.00	4.00	007-71652-52155-6	40.2	24.9	12.7	0.013	10	12	120
1-10-1650	4.00	4.00	007-71652-52160-0	40.2	24.9	12.7	0.013	10	12	120
1-10-1660	4.00	4.00	007-71652-52165-5	40.2	24.9	12.7	0.013	10	12	120

