

## Cooked Items

# Fully Cooked Boneless Chicken Breasts



Now more popular than our Raw boneless breasts! Fully cooked chicken breasts are boneless, skinless, seasoned and have grill marks. The ultimate in centre of the plate versatility for all seasons and any kitchen, simply heat & serve!

Brand: Select  
 Category: 5-FC  
 IFDA Category: Poultry  
 IFDA Class: Chicken, Precooked  
 Suggested Serving: 1 Piece

### Features & Benefits

- Controlled cost per serving
- Labour and time saving - Easy to prepare
- Individually quick frozen
- ReHeat only - Minimal shrinkage

### Recommended Usage

Ideal for schools, hospitals or where speed and safety is Key! Time and labour savings in take-out, family and casual dining establishments as well.

### Cooking Instructions

Oven: Preheat to 375F, bake frozen breasts for 20 min or until heated through, turning once. Microwave: Heat on high for 3 min, turn once. Pan fry in 1 tbsp oil at 375F for 15 min, turn once. Grill frozen breasts 4-6min per side.

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
1-90-5150	3.5oz F/C BREASTS	38-42	40	110 Cal	20 g	2.0 g	1.0 g	50 mg	660 mg	223 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
1-90-5150	4.00	4.00	007-71652-52020-7	40.2	24.9	13.1	0.013	10	5	50

INGREDIENTS: Chicken, water, soy protein, modified corn starch, sodium phosphate, dextrose, salt, carageenan



PUTTING POULTRY ON EVERY PLATE  
 WWW.ELMIRAPOULTRY.COM 1-800-663-5694 or email general@elmirapoultry.com