

## Cooked Items

# Fully Cooked F/C Grilled Flattened Breasts



**Boneless Breast, Boneless,  
skinless, seasoned and complete with grill  
marks - simply heat and serve. Lower  
sodium, flattened for plate coverage.  
Available in two sizes.**

Brand: Elmira  
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
- Great Plate Coverage - 80 & 100g sizes
- ReHeat only - Minimal shrinkage

### Recommended Usage

Ideal for restaurants, schools, healthcare organizations or where speed, safety and quality is Key! This lower sodium, higher protein breast is also priced right to save you money!

### 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
1-90-5100	F/C 100g Grilled Flattened	40	40	110 Cal	20g	2.0 g	1.0 g	50 mg	660 mg	223 mg
1-90-5110	F/C 80g Grilled Flattened	50	50	110 Cal	20g	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
1-90-5100	4.00	4.00	007-71652-50585-3	40.2	24.9	13.1	0.013	10	5	50
1-90-5110	4.00	4.00	007-71652-50590-7	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