



Chicken, FC Italian Brd Breast Fillet, Perfect Answers®
Avg. 39/4.1 oz.



Product Last Saved Date:13 May 2016

Nutrition Facts

Serving Size: 116 GR

Number of Servings per Package: 39

Amount Per Serving

Calories: 220 Calories from Fat: 90

% Daily Value*

Total Fat	10 g	15%
Saturated Fat	2 g	10%
Trans Fat	0 g	
Cholesterol	45 mg	15%
Sodium	700 mg	29%
Total Carbohydrate	14 g	5%
Dietary Fiber	1 g	4%
Sugars	0 g	
Protein	18 g	

	Per Srv		Per Srv
Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	6%

*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
Sat. 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
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Product Specifications:

Man Prod Code	Dist Prod Code	GTIN	Pack	Pack Description
5329		10038034532904	1 X 1 X 10 LB	case

Brand	Brand Owner	GPC Description
Brakebush®	BRAKEBUSH BROTHERS INC.	Chicken - Prepared/Processed

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
10.68 LB	10 LB	USA	No	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
13.5 IN	8.63 IN	8.75 IN	0.58994 CF	16x8	545 Days	0 FA / 0 FA

Ingredients :

INGREDIENTS: BONELESS CHICKEN BREAST MEAT WITH RIB MEAT, WATER, SEASONING (MODIFIED FOOD STARCH, CARRAGEENAN), SEASONING (DEHYDRATED GARLIC, SUGAR, DEHYDRATED ONION, CITRIC ACID, NATURAL FLAVORS, SOYBEAN OIL), ROMANO CHEESE (ROMANO CHEESE MADE FROM PASTEURIZED PART-SKIM COW'S MILK, CHEESE CULTURES, SALT ENZYMES), PARMESAN CHEESE (PARMESAN CHEESE MADE FROM COW'S MILK, CHEESE CULTURE, SALT, ENZYMES), SALT, SODIUM PHOSPHATES, NATURAL FLAVOR, BREADED WITH BREAD CRUMBS (ENRICHED BLEACHED WHEAT FLOUR (NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), VEGETABLE OIL SHORTENING (SOYBEAN), CONTAINS LESS THAN 2% OF SUGAR, SALT, DISTILLED VINEGAR, DEXTROSE, YEAST, DOUGH CONDITIONERS (ASCORBIC ACID, L-CYSTEINE MONOHYDROCHLORIDE), SPICE EXTRACTIVES, YEAST NUTRIENTS (AMMONIUM CHLORIDE, CALCIUM SULFATE)), WATER, FOOD STARCH-MODIFIED, YELLOW CORN FLOUR, SALT, ONION POWDER, ENRICHED WHEAT FLOUR (NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, DEHYDRATED PARSLEY, GARLIC POWDER, SPICES, GUAR GUM, SPICE EXTRACTIVE, ENZYME MODIFIED CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES, CALCIUM CHLORIDE), MALTODEXTRIN, BUTTERMILK, NATURAL FLAVOR. ALLERGENS: MILK, WHEAT

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):

Eggs - N	Milk - C	Peanuts - N
Soy - N	Wheat - C	TreeNuts - N
Fish - N	Crustacean - N	Nuts - N

Handling Suggestions :

Packed in 2/5# bags.

Benefits :

5329-Fully cooked Italian style breaded portioned chicken breast meat with rib meat.

Serving Suggestions :

For recipe and menu ideas visit our website at www.brakebush.com.

Prep & Cooking Suggestions :

PREPARATION: COOK TO A MINIMUM OF 165° F. FOR BEST RESULTS - DEEP FRY AT 350° F FOR 4-6 MIN. ALTERNATE METHOD - BAKE IN SINGLE LAYER IN PREHEATED CONVECTION OVEN AT 350° F FOR 10-13 MIN. BAKE IN SINGLE LAYER IN PREHEATED CONVENTIONAL OVEN AT 400° F FOR 15-25 MIN. ADJUST TIMES TO QUANTITY BEING COOKED AND EQUIPMENT USED. DO NOT OVERCOOK.

More Information :

For more information call 800-933-2121