



**Chicken, FC Tender-Licious® Gold N'Spice® Brd Brst
Fillet 4oz avg**



Product Last Saved Date:13 May 2016

Nutrition Facts

Serving Size: 113 GR

Number of Servings per Package: 40

Amount Per Serving

Calories: 190 Calories from Fat: 70

% Daily Value*

| | | |
|---------------------------|--------|-----|
| Total Fat | 7 g | 11% |
| Saturated Fat | 1.5 g | 7% |
| Trans Fat | 0 g | |
| Cholesterol | 45 mg | 15% |
| Sodium | 640 mg | 27% |
| Total Carbohydrate | 14 g | 5% |
| Dietary Fiber | 1 g | 5% |
| Sugars | 1 g | |

Protein 18 g

| | | | |
|------------------|----------------|------------------|----------------|
| | Per Srv | | Per Srv |
| Vitamin A | 0% | Vitamin C | 0% |
| Calcium | 0% | 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 |
|-----|---|--------------|---|---------|---|

Product Specifications:

| Man Prod Code | Dist Prod Code | GTIN | Pack | Pack Description |
|---------------|----------------|----------------|---------------|------------------|
| 5454 | | 10038034545409 | 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 | TlxHl | Shelf Life | Storage Temp From/To |
|---------|---------|---------|------------|-------|------------|----------------------|
| 13.5 IN | 8.63 IN | 9.25 IN | 0.62365 CF | 16x8 | 545 Days | 0 FA / 0 FA |

Ingredients :

INGREDIENTS: SKINLESS BONELESS CHICKEN BREAST FILLETS WITH RIB MEAT, WATER, MODIFIED FOOD STARCH, SALT, SODIUM PHOSPHATES, CARRAGEENAN, BREADED WITH ENRICHED BLEACHED WHEAT FLOUR AND DURUM FLOUR (ENRICHED WITH NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, MODIFIED FOOD STARCH, SALT, GARLIC POWDER, SPICES, SOYBEAN OIL, YELLOW CORN FLOUR, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), DEXTROSE, EXTRACTIVES OF PAPRIKA, CELLULOSE GUM (SODIUM CARBOXYMETHYLCELLULOSE), NATURAL FLAVOR, SODIUM ALGINATE.

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

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

Handling Suggestions :

They are packed approx. 40/4 oz servings per container. Packed in 2/5# bags

Benefits :

5454- Fully Cooked Skinless Boneless Breaded Chicken Breast Fillets 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 10-15 MIN. BAKE IN SINGLE LAYER IN PREHEATED CONVENTIONAL OVEN AT 400'F FOR 17-25 MIN. ADJUST TIMES TO QUANTITY BEING COOKED AND EQUIPMENT USED. DO NOT OVERCOOK.

More Information :

For more information call 800-933-2121