



Chicken, FC Healthy Answers™ Grilled Brst Cutlet avg 64/3 oz



Product Last Saved Date:13 May 2016

Nutrition Facts

Serving Size: 85 GR

Number of Servings per Package: 64

Amount Per Serving

Calories: 130 Calories from Fat: 60

% Daily Value*

Total Fat	6 g	10%
Saturated Fat	2 g	10%
Trans Fat	0 g	
Cholesterol	55 mg	18%
Sodium	250 mg	11%
Total Carbohydrate	3 g	1%
Dietary Fiber	0 g	0%
Sugars	0 g	
Protein	15 g	

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

*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
5830		10038034583005	1 X 1 X 12 LB	case

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

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
12.68 LB	12 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: CHICKEN BREAST WITH RIB MEAT, WATER, MODIFIED FOOD STARCH, SEASONING (SALT, POTASSIUM CHLORIDE, NATURAL FLAVORS (MALTODEXTRIN)), SODIUM PHOSPHATES.

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

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

Handling Suggestions :

Keep frozen

Benefits :

5830-fully cooked grilled chicken breast cutlet with rib meat, chopped and formed

Serving Suggestions :

For recipe ideas contact your Brakebush Sales Representative or call 800-933-2121.

Prep & Cooking Suggestions :

PREPARATION: COOK TO A MINIMUM OF 165° F. BAKE IN SINGLE LAYER IN PREHEATED CONVECTION OVEN AT 350° F. FOR 8-12 MIN. COOK ON PREHEATED GRILL AT 400°F. AND GRILL 10-15 MIN., TURNING ONCE. BROIL IN PREHEATED BROILER FOR 10-15 MIN. BAKE IN SINGLE LAYER IN PREHEATED CONVENTIONAL OVEN AT 400° F FOR 17-20 MIN. MICROWAVE ON HIGH ABOUT 1-3 MIN. PER SERVING, TURNING ONCE. ADJUST TIMES TO QUANTITY BEING COOKED AND EQUIPMENT USED. DO NOT OVERCOOK.

More Information :

1 pc. equals a serving.
For more information call 800-933-2121