



**Chicken, FC SmartShapes® G'N'S Brd Brst Cutlet; avg  
43/3.7 oz**



Product Last Saved Date:13 May 2016

**Nutrition Facts**

Serving Size: 105 GR

Number of Servings per Package: 44

**Amount Per Serving**

Calories: 220      Calories from Fat: 130

**% Daily Value\***

<b>Total Fat</b>	15 g	22%
Saturated Fat	3.5 g	18%
Trans Fat	0 g	
<b>Cholesterol</b>	50 mg	17%
<b>Sodium</b>	570 mg	24%
<b>Total Carbohydrate</b>	7 g	2%
Dietary Fiber	0 g	0%
Sugars	0 g	
<b>Protein</b>	14 g	

<b>Vitamin A</b>	Per Srv	0%	<b>Vitamin C</b>	Per Srv	0%
<b>Calcium</b>		0%	<b>Iron</b>		4%

\*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
5831		10038034583104	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	8.75 IN	0.58994 CF	16x8	545 Days	0 FA / 0 FA

**Ingredients :**

INGREDIENTS: BONELESS CHICKEN BREAST WITH RIB MEAT, WATER, SALT, SODIUM PHOSPHATES, 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, NOT MORE THAN 2% SILICON DIOXIDE ADDED TO PREVENT CAKING.

**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 :**

Packed in 2/5# bags

**Benefits :**

5831-Fully cooked breaded chicken breast cutlet with rib meat, Chopped and formed

**Serving Suggestions :**

For recipe and menu ideas go to [www.brakebush.com](http://www.brakebush.com)

**Prep & Cooking Suggestions :**

PREPARATION: COOK TO A MINIMUM OF 165° F. BAKE IN SINGLE LAYER IN PREHEATED CONVECTION OVEN AT 350° F. FOR 10-15 MIN. DEEP FRY AT 350° F FOR 4-7 MIN. BAKE IN SINGLE LAYER IN CONVENTIONAL OVEN AT 400° F FOR 17-20 MIN. MICROWAVE ON HIGH ABOUT 2-3 MIN. PER SERVING, TURNING ONCE. ADJUST TIMES TO QUANTITY BEING COOKED AND EQUIPMENT USED. DO NOT OVERCOOK.

**More Information :**

For more information call 800-933-2121