



*Serving Suggestion

RAW SEASONED CHICKEN BREAST

BONELESS • SKINLESS • FILLET REMOVED • GLAZED
17% PROTEIN • IQF PORTIONS

CUSTOMER USAGE:

- Our versatile IQF Seasoned Chicken Breasts are always juicy and tender.
- These convenient and labour-saving items have a natural teardrop shape and are portion controlled to avoid guesswork.
- Whether grilling or pan frying, this product can be used in many applications including stir-fries, sandwiches and salads.

INGREDIENTS:

Chicken Breast, Water, Salt, Sodium Phosphate.

PREPARATION:

Prepare from frozen. If thawed, cook immediately. Cook to an internal temperature of 74°C.
Conventional Oven: Temperature 200°C for 40-50 minutes or until done. Turn once.
Barbeque: Grill 30-40 minutes or until done. Turn once.



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- PRODUCT ATTRIBUTES:**
- Boneless/skinless, fillet removed.
 - Lightly ice-glazed to prevent dehydration.
 - Natural breast shape.
 - Highly trimmed fat.
 - Raised without the use of added hormones.
 - Sizing – 4 oz, 5 oz, 6 oz and Random.
 - Sourced from a certified Canadian facility

- TECHNICAL ATTRIBUTES:**
- Individually Quick Frozen

PACKAGING:

Reorder No.	Net Weight	Piece weight	Pieces per Case
600241	4 KG (2 x 2 KG)	4 OZ	31-40
600242	4 KG (2 x 2 KG)	5 OZ	25-31
600243	4 KG (2 x 2 KG)	6 OZ	21-25
600232	4 KG (2 x 2 KG)	RANDOM	NA

ALLERGENS:

None.

SPECIAL INSTRUCTIONS:

Do not refreeze after thawing.

BEST BEFORE:

12 months from the manufacture date

STORAGE TEMPERATURE:

Max. -18°C

Nutrition Facts

Per approx. 1 chicken breast (100 g)

Calories 90	% Daily Value*
Fat 2 g	3 %
Saturated 0.4 g	
+ Trans 0 g	2 %
Carbohydrate 0 g	
Fibre 0 g	0 %
Sugars 0 g	0 %
Protein 17 g	
Cholesterol 55 mg	
Sodium 260 mg	11 %
Potassium 500 mg	11 %
Calcium 0 mg	0 %
Iron / Fer 0.3 mg	2 %

*5% or less is a little, 15% or more is a lot

NUTRITIONAL VALUES PER 100 G

