

Chicken Breast Boneless

Servings:	1.00
Serving Size:	1.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Chicken Breast Boneless

Nutrition Information

Calories	120.00	Protein	22.00g
Fat	2.50g	SaturatedFat	0.50g
Trans Fat	0.00g	Cholesterol	60.00mg
Carbohydrates	1.00g	Fiber	0.00g
Sugar	0.00g	Sodium	320.00mg
Iron	0.72mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	20.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	152121	CHIX BRST GRLLD CKD 3Z 2- 5# TYS	<p>CONVECTION</p> <p>Appliances vary, adjust accordingly.</p> <p>Convection Oven</p> <p>From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 16-20 minutes.</p> <p>MICROWAVE</p> <p>Appliances vary, adjust accordingly.</p> <p>Microwave</p> <p>From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.</p>

Preparation Instructions

Prepare baking sheets. Lay out chicken breast on baking sheets and sprinkle with Italian Seasoning. Bake until chicken reaches internal temp of at least 165. Place chicken breasts in a steamtable pan with a little water, cover and hold in steamtable and warming oven.