

# Breaded Chicken Breast Fillet

**Item #:** 62030    **Pieces Per Case:** 90    **Piece Size (oz.):** 3.00    **Case Weight (lb.):** 16.88



**Product Source:** ROSS

**Description:** Fully cooked, chopped chicken breast. Golden brown flour and cracker crumb breading. Fillet shape.

**Technical Label Name:** Fully Cooked Breaded Chicken Breast Cutlet (Chopped & Formed - With Rib Meat)

**Packaging Type:** BULK-LINER

**Master Case UPC Code:** 00031602060741

**Master Case Length:** 19.06000

**Master Case Width:** 9.81000

**Master Case Height:** 9.75000

**Master Case Cube:** 1.05500

**Cases/Layer:** 10

**Cases/Pallet:** 40

**Layers/Pallet:** 4

**Frozen Shelf Life (days):** 455

**Refrigerated Shelf Life (days):** 0

**Preparation Method:**

Conventional Oven: Conventional Oven: From the frozen state, bake at 400degrees F in conventional oven for 13-15 minutes.

Convection Oven: Convection Oven: From the frozen state, bake at 375degrees F in convection oven for 11-14 minutes.

Deep Fryer: Deep Fry at 350 degrees F for 2 1/2 to 3 1/2 Minutes

**Ingredient Statement:** INGREDIENTS: Chicken Breast With Rib Meat, Bleached Wheat Flour (Enriched With: Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Salt, Flavor, Corn Starch, Dextrose, Wheat Flour, Yellow Corn Flour, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate, Monocalcium Phosphate), Buttermilk Solids, Sodium Phosphate, Guar Gum, Methylcellulose. CONTAINS: WHEAT, MILK

**CN Equivalency Statement:** 62030

**Nutrition Facts:**

**Serving Size: 3.00 OZ (84 g)**  
**Servings Per Container: 90**

Calories / Calories from Fat: 220 / 120

		% Daily Value **
Total Fat	14 g	22%
Saturated Fat	3.5 g	18%
Trans Fat	0 g	
Cholesterol	40 mg	13%
Sodium	530 mg	22%
Total Carbohydrate	11 g	4%
Dietary Fiber	1 g	4%
Sugars	1 g	
Protein	12 g	
Vitamin A		2%
Vitamin C		2%
Calcium		2%
Iron		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.

A handwritten signature in cursive script that reads "SuEllen Noelck".

SuEllen Noelck  
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6/19/14

## Nutritional Data:

Name	UoM	Per Serving	Per 100g
Calcium	mg	23.3	27.7
Calories	kcal	219.9	261.7
Calories from Fat	kcal	123.6	147.2
Cholesterol	mg	39.8	47.4
Dietary Fiber	g	0.6	0.7
Iron	mg	0.6	0.7
Protein	g	12.2	14.5
Saturated Fat	g	3.4	4.1
Serving Size	g	84.0	100.0
Sodium	mg	533.6	635.2
Sugars	g	0.5	0.7
Total Carbohydrate	g	11.2	13.4
Total Fat	g	13.7	16.3
Trans Fat	g	0.1	0.2
Vitamin A	IU	86.6	103.1
Vitamin C	mg	1.0	1.2