



## Ready to Cook Breaded Chicken Breast Fillets

FMI Code	90048T
Brand	FMI
Cook Level	Ready to Cook
Type	Breaded Fillet
Case Pack	2/5 Pound
Storage	Frozen
Pallet Configuration	10 T x 7 H – 70 Cases Per Pallet
Net Case Weight	20 Pounds
Gross Case Weight	21.24 Pounds
Case Dimensions	15.75”L x 11.81” W x 9.69” H
Case Cube	1.04 Cu Ft
GTIN	00031400091664
Unit Dimensions	N/A
Unit Net Weight	5 Pounds
Shelf Life	1 year



### Preparation Instructions

Must be cooked to an internal temperature of 165°F.

**Deep fry:** 350°F for 7.5-13.5 minutes.

### Ingredients

Boneless, skinless chicken breast with rib meat containing: up to 19.99% of a solution of water, salt, modified food starch, sodium phosphates. **Breaded with:** wheat flour, water, bread crumbs (enriched bleached wheat flour [bleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], yeast), modified food starch, enriched bleached wheat flour (bleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), leavening (sodium acid pyrophosphate, sodium bicarbonate), rice flour, salt, garlic powder, onion powder, whey, white corn flour, egg whites, maltodextrin, spice, guar gum, chili pepper, spice extractive. Breading set in vegetable oil.

## Nutrition Facts

80 servings per container

**Serving size** 4 oz (112g)

**Amount Per Serving**

**Calories** **250**

% Daily Value\*

<b>Total Fat</b> 13g	<b>17%</b>
Saturated Fat 2.5g	<b>13%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 580mg	<b>25%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 14g	<b>28%</b>
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 1.44mg	8%
Potassium 282mg	6%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Allergens: Egg, Milk, Wheat**