



Product #11204
Golden Gate Chicken Breast Fillets



Breaded chicken breast strips that can be deep fried or baked.



Key Product Features

- Homemade appearance
- Versatile

Key Product Benefits

- Appetizing and appealing
- Oven baked or deep fry

Menu Suggestions

Golden Gate Chicken Breast Fillets are perfect for many applications where chicken fingers are required. Ideal on menus as appetizers and entrees and also very versatile for buffets and catering.

Cooking Instructions

Deep fry from frozen 4-5 minutes at 360°F Oven: Preheat oven to 425°F (220°C). Place fillets in a single layer on a baking sheet and bake on middle oven rack for 18-20 minutes, turning once.

Nutritional Facts

Per 100 g	
Amount	
Calories	216.0
Fat	9.9 g
Saturated	0.8 g
+trans	0.1 g
Polyunsaturated	2.8 g
Omega-6	1.9 g
Omega-3	0.8 g
Monounsaturated	5.8 g
Cholesterol	24.0 mg
Sodium	670.0 mg
Carbohydrate	18.9 g
Dietary Fibre	0.9 g
Sugars	3.4 g
Protein	12.8 g
Vitamin A	0.0 RE
Vitamin C	0.7 mg
Calcium	11.0 mg
Iron	1.2 mg

Nov 21/08

Ingredient Listing

Chicken breast fillets, water, salt, garlic powder, spices in a breading of: toasted wheat crumbs, water, wheat flour, corn starch, modified corn starch, salt, sugar, spices, onion powder, sodium aluminum phosphate, sodium bicarbonate, autolyzed yeast extract, flavour. Browned in canola oil. May contain traces of soy.

Allergen Listing

Wheat, soy

Health Benefits

Free of trans fat
Low in saturated fat
Source of iron
Source of omega-3 polyunsaturates

Specifications

SKC: 100 69299 11204 4
Case Pack Size 2 x 2 kg = 4 kg
Average Pc Weight 44 g / 1.6 oz
Average Pc Count 90

Case (cm) (L x W x H) 37.3 x 27.8 x 11.1
Case Cube (cm) 11,510
Pallet Ti / Hi 10 / 9



build your menu with confidence