



Janes Product #11423 Janes Crunchy Chicken Breast - Sandwich Size



Tender chicken breast breaded with a crunchy seasoned coating.



Key Product Features

- Versatile
- Quick cooking time
- Hand cut breast

Key Product Benefits

- Oven baked or deep fried
- Fast service
- Consistent size and plate presentation

Menu Suggestions

Serve as a main sandwich for lunch or dinner with a side of french fries, vegetables or salad.

Cooking Instructions

Deep Fryer: Deep fry at 360°F (182°C) for 4.5 - 5.5 minutes. **Oven:** Bake in a 425°F (220°C) oven for 20 - 22 minutes, turning once. Cook to an internal temperature of 165°F (74°C).

Nutritional Information

Per 100 g	
Amount	
Calories	226.0
Fat	11.9 g
Saturated	1.3 g
+ trans	0.16 g
Polyunsaturates	
Omega-6	2.5 g
Omega-3	0.9 g
Cholesterol	30.8 mg
Sodium	491.0 mg
Carbohydrate	15.2 g
Fibre	0.8 g
Sugars	5.3 g
Protein	14.6 g
Vitamin A	0.0 RE
Vitamin C	0.0 mg
Calcium	10.5 mg
Iron	1.0 mg

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Ingredient Listing

Chicken breast, water, salt, garlic powder, spices in a breading of: wheat flour, water, toasted wheat crumb, corn starch, modified corn starch, yellow corn flour, 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

0 trans fat
Low in saturated fat
Source of omega-3 polyunsaturates
Source of omega-6 polyunsaturates
Source of iron

Specifications

SCC: 100 69299 11423 9
Case Pack Size 2 x 2 kg = 4 kg
Avg Pc Weight Range 4 oz / 98 - 135 g
Piece Count Range 30 - 42 per 4 kg case

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



build your menu with confidence