

Tender chicken breast fillet breaded with a crunchy "trans fat free" coating.



Key Product Features

- Versatile
- Quick cooking time
- Hand cut tender

Key Product Benefits

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

Menu Suggestions

Serve as an entree for lunch or dinner with french fries and vegetable or salad. As an appetizer, arrange on small platter with dipping sauce. For a kid's menu item or portable hand-held snack, serve in bag or box with dipping sauce.

Cooking Instructions

Deep Fryer: Preheat to 360°F (182°C). Deep fry for 4-5 minutes. Conventional Oven: Bake in a preheated 425° F (220°C) oven for 18-20 minutes, turning once.

Nutritional Facts

Per 100 g	
Amount	
Calories	214.0
Fat	9.0 g
Saturated	0.8 g
+trans	0.0 g
Polyunsaturated	2.6 g
Omega-6	1.8 g
Omega-3	0.8 g
Monounsaturated	5.2 g
Cholesterol	29.0 mg
Sodium	550.0 mg
Carbohydrate	19.3 g
Dietary Fibre	0.7 g
Sugars	0.9 g
Protein	13.9 g
Vitamin A	3.0 RE
Vitamin C	0.0 mg
Calcium	13.7 mg
Iron	1.2 mg

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Ingredient Listing

Chicken breast fillets, 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. (May contain traces of soy.)

Allergen Listing

Wheat; Soy

Health Benefits

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

Specifications

SCC: 100 69299 11443 7
 Case Pack Size 2 x 2 kg = 4 kg
 Average Pc Weight 47 g / 1.7 oz
 Average Pc Count 85

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



build your menu with confidence