



## PERDUE® NAE RTC IF B/L S/L Ckn Breast Filet, Random (81960)

NAE Boneless, skinless broiler breasts, tender out, slit in half horizontally into 2 portions, are marinated, individually frozen and glazed. Packed in printed, resealable bags for a net weight of 10.00 lbs. each. Two bags/case. Shipped frozen.

### Features & Benefits

- | No Antibiotics Ever
- | All Vegetarian Diet
- | No Animal By-Products

### Ingredients

Boneless Skinless Chicken Breast Marinated and Glazed with up to 15% Solution of Water and Kosher Salt.

### Allergens

none

### Handling

**Cook Level**  
Ready-to-Cook

**Storage Method**  
Frozen

**Storage Temperature**  
0° F

**Shelf Life**  
306 Days

### Preparation & Cooking

Oven:

- | Preheat oven to 350°F. Place frozen breasts in a foil-lined baking sheet.
- | Place breasts on middle oven rack. Cook uncovered for 25-30 minutes to internal temperature of 170°F. Grill:
- | Spray grill with cooking spray. Prepare grill so heat is medium hot.
- | Grill frozen breasts, cooking 8 minutes on each side, or until internal temperature reaches 170°F. Turn every 4 minutes. Skillet:
- | Lightly coat skillet with oil or cooking spray. Heat pan over medium-high heat.
- | Add frozen breasts and brown 2 minutes per side.
- | Reduce heat to medium-low. Cover and cook 7-9 minutes, or until internal temperature reaches 170°F, turning 3-4 times.

## Nutrition Facts\*\*

Serving Size: 4 oz (\*RAW 112g)  
Serving Per Container: 40

### Amount Per Serving

**Calories: 110**      **Calories from Fat: 10**

% Daily Value\*

**Total Fat: 1g**      **2%**

Saturated Fat: 0g      **0%**

Trans Fat: 0g

**Cholesterol: 65mg**      **22%**

**Sodium: 260mg**      **11%**

**Total Carbohydrate: 0g**      **0%**

Dietary Fiber: 0g      **0%**

Sugars: 0g

**Protein: 21g**      **42%**

Vitamin A 0%      • 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.

\*\*This is a representation of the nutrition label. The actual nutrition label may vary slightly.

### Specifications

**Case GTIN:** 10072745819602  
**Item GTIN:** 00072745829703  
**Case Weight:** 20 LB. STD  
**Max Case Weight:** 20 LB. STD

**Case:** 18.875 x 12.375 x 4.75  
**Case Cube:** 0.64  
**Case per Pallet:** 56  
**Pallet Tie Hi:** 7 x 8

Federal regulations prohibit the use of hormones and steroids in poultry and pork.

Specifications subject to change 1/19/2018