



BONELESS CHICKEN BREASTS (SEASONED, 5 OZ)

Your Trusted Food Partner 🍁



#7010258

**BONELESS CHICKEN BREASTS
(SEASONED, 5 OZ)**

Parfried, raw

Individually Quick Frozen IQF

Individually quick frozen

Ready for the fryer or the oven

Whole muscle

INGREDIENTS

Chicken breast, Water, Toasted wheat crumbs, Soy and/or canola oil, Wheat flour, Salt, Corn starch, Durum wheat flour, Whey powder (milk), Spices, Hydrolyzed soy and corn protein, Garlic powder, Guar gum, Spice extractives, Caramel color. Contains: Wheat, Milk, Soy. May contain: Eggs.

ALLERGENS**Contains :**

Milk, Wheat, Soy, Eggs

Verified for : Nuts, peanuts, sesame seeds, wheat, eggs, milk, soybeans, crustaceans, shellfish, fish, mustard seeds, sulphite (>10 ppm) and gluten sources (barley oat, rye, triticale, wheat)

COOKING INSTRUCTIONS**Combi :**

425 ° F (218 ° C) From 22 to 25 minutes
Preheat the combi oven in combi mode at 70% humidity, high ventilation at 450 ° F (232 ° C), place the pieces on a plate with Aluminium foil. Cook for 18 to 20 minutes. Turn halfway through cooking.

Convection :

425 ° F (218 ° C) From 25 to 28 minutes
Preheat the oven in convection mode to 425 ° F (218 ° C), place the pieces on a plate with aluminum foil. Bake 25 to 28 minutes. Turn halfway through cooking

Conventionnal Oven :

450 ° F (232 ° C) From 24 to 26 minutes
Preheat the oven in convection mode to 450 ° F (232 ° C), place the pieces on a plate with aluminum foil. Bake 24 to 26 minutes. Turn halfway through cooking

Fryer :

350 ° F (177 ° C) From 5 to 6 minutes

Nutrition Facts

1 breast

Amount Per Serving

Calories 220

% Daily Value*

Fat 10 g 13%

Saturated 1 g 5%

+ Trans 0 g

Carbohydrate 15 g

Fibre 1 g 4%

Sugars 0 mg

Protein 18 g**Cholesterol 55 mg**

Sodium (590 mg) 26%

Potassium 300 mg 6%

Calcium 10 mg 1%

Iron 1.25 mg 7%



Product code	Dist. code	Case weight	Unit weight	Shelf life
7010258		4,00 kg	1,33 kg	365 days at -18 ° C

**olymelfoodservice.com**

The information shown on this document is for informational purpose only and may be subject to change without prior notice. Please refer to your representative for the most recent updates.

Contact your local representative :

HACCP**SQF****canadienne**Olymel S.E.C
1-800-361-5800St-Hyacinthe
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