



VIEW ONLINE

## BONELESS CHICKEN BREASTS (SEASONED, 5 OZ)

*Your Trusted Food Partner* 🍁



#7010258 <b>BONELESS CHICKEN BREASTS (SEASONED, 5 OZ)</b>		 POULTRY	Parfried, raw
			Individually Quick Frozen IQF

Individually quick frozen	Ready for the fryer or the oven	Whole muscle
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**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.

 PRESERVATIVES FREE	 NO ARTIFICIAL FLAVORS
 NO ARTIFICIAL COLOURS	 PREPARED IN CANADA

**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

**Conventiional 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

<b>Nutrition Facts</b>	
1 breast	
Amount Per Serving	
<b>Calories 220</b>	
	<b>% Daily Value*</b>
<b>Fat 10 g</b>	13%
Saturated 1 g	5%
+ Trans 0 g	
<b>Carbohydrate 15 g</b>	
Fibre 1 g	4%
Sugars 0 mg	
<b>Protein 18 g</b>	
<b>Cholesterol 55 mg</b>	
Sodium (590 mg)	26%
<b>Potassium 300 mg</b>	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

 <p><b>olymetfoodservice.com</b></p> <p>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.</p>	<p>Contact your local representative :</p>
	<p><b>HACCP</b>  </p> <p>Olymet S.E.C 1-800-361-5800    St-Hyacinthe QC J2S 4B6    Brampton ON L6T 1G1    Red Deer AB T4P 2H8</p>