

# B and D Foods

## Grilled Chicken Breast

### Grilled Reduced-Sodium Chicken Breast Filets (3-4oz)

Item Number: A-7705-10#  
 UPC: 037483077052  
 GTIN: 00037483077052

**FULLY COOKED**

*Tender, juicy, fully cooked, grilled chicken breast filets. Great taste with reduced sodium.*

Each 3.50 oz serving (by weight) of Grilled Chicken Breast Filets provides 2.25 oz equivalent meat/meat alternate.



Preparation Instructions:		
Method	Temp	Thawed
Microwave	High	2-3 minutes
Conventional/Convection Oven	350°F	5-7 minutes, covered
Steam Oven	350°F	6-8 minutes

**Shelf Life:** 12 months @ 0°Fahrenheit

**INGREDIENTS:** Chicken Breast Meat, Water, Potato Starch, Onion Powder, Natural Flavor (Contains Torula Yeast), Spices, Garlic Powder, Sea Salt, Sugar.  
**ALLERGENS:** None.

Nutrition Facts	
Serving Size (100g)	
Servings Per Container	
Amount Per Serving	
<b>Calories</b> 110	Calories from Fat 20
% Daily Value*	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 120mg	<b>5%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 19g	<b>34%</b>
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

NOTE: This is a representation of the nutritional label. The actual nutritional label on the product may vary slightly.

### Pack Facts:

Average Piece Size: 3.0oz to 4.0oz  
 Pack: 2/5-pound poly bags  
 Case Net Wt (Lbs): 10  
 Case Gross Wt (Lbs): 11.5  
 Case Dimensions: 18 x 12 x 5.5"  
 Cases/Pallet Layer: 8  
 Layers/Pallet: 14  
 Cases /Pallet: 112  
 Case Cube: 0.69 cf