



24583 [EA] - CHEF'S CRAFT Fully Cooked Frozen No-Antibiotics-Ever and Vegetarian Fed 4 oz. Sous Vide Fillets (1 lb.)

Our fully cooked, ready-when-you-are, frozen, flame grilled chicken breast fillets are skillfully prepared, so you can create a memorable meal in minutes. CHEF'S CRAFT is chef-inspired chicken made easy. Every step of the way, we use our craft to create yours.

Brand: Chef's Craft®



Nutrition Facts

Serving Size 1 piece (112g)
Servings Per Container: 4

Amount Per Serving

Calories 130

Calories from Fat 10

% Daily Value*

Total Fat 2g 4%

Saturated Fat 0g 3%

Trans Fat 0g

Cholesterol 75mg 25%

Sodium 380mg 16%

Potassium 230mg 7%

Total Carbohydrate 1g 0%

Dietary Fiber 0g 0%

Sugars 0g

Protein 23g

Vitamin A 1 IU • Vitamin C 0%

Calcium 5 mg • Iron 0 mg

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbs.		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients

Ingredients: Boneless Skinless Chicken Breast Fillet, Natural Chicken Broth, Less Than Two Percent of the Following: Sea Salt, Natural Flavor (Yeast Extract, Citrus Extract), Vinegar, Seasoning (Rice Starch, Molasses Powder [Cane Sugar, Cane Molasses], Corn Starch, Salt, Natural Flavoring), Black Pepper.

Each Specifications

GTIN	00038483245830	Each Gross Weight	16 OZ
UPC	038483245830	Each Net Weight	16 OZ
Pack Size	1 / 16OZ	Each L,W,H	3 IN, 7.25 IN, 11.50 IN
Shelf Life	365 Days	Cube	0.14 CF
Tie x High	120 x 7		

Preparation and Cooking

Thaw chicken breasts. Heat to an internal temperature of 145F. Stove Top (Preferred Method): Fill stockpot with 4 quarts of water. Bring to a rolling boil. Turn off heat source and place frozen chicken fillet (still in the individual sous vide bag) into the water for 6-8 minutes*. Remove from water and let stand 2 minutes before serving. Microwave Oven (1100 Watt): Unwrap breast fillet. Place on microwavable plate. Microwave 90 seconds* or until warm. Cook from frozen. Heat to an internal temperature of 145F. Conventional Oven (350F): Unwrap chicken breast fillet. Place frozen chicken breast on sheet pan that has been sprayed with pan release spray. Heat 12-14 minutes.*

*Appliances vary - heating times approximate.

Serving Suggestions

Excellent served as a sandwich on a bun, sourdough or club roll with a side of chips or french fries. Or heated and served atop a bed of pasta and topped with marinara sauce with a side of garlic bread.

Packaging and Storage

Keep frozen until ready to heat and serve. Fully Cooked.

Allergens

CONTAINS:

Corn or Corn Derivatives

Nutritional/Diet Claims: Gluten Free