



# Seared Chicken Breast with Herbes de Provence

Featuring French herbs, our skin-on, airline-cut breast is slow-cooked to perfection and can be presented with or without sauce.

**Item Number:** 1003657

**Target Weight:** 7.00 oz

**Pack Size:** 5 Pieces/Pouch,  
5 Pouches/Case, 25 Pieces/Case

**Net Case Weight:** 10.94 lb

**Ingredients:** Airline Chicken Breast, Water, Salt, Black Pepper, Caramel Color, Herbes de Provence (marjoram, thyme, savory, sage, anise, rosemary, lavender).

## HEATING INSTRUCTIONS

### From Frozen

**Convection Oven:** 40–45 minutes at 350°F

**Microwave Oven:** 6–8 minutes (1100 watts)

**Combi Oven:** 45–50 minutes at 140°F / 12–15 minutes at 200°F

### From Thawed

**Convection Oven:** 20–25 minutes at 350°F

**Microwave Oven:** 3–5 minutes (1100 watts)

**Combi Oven:** 40–45 minutes at 140°F / 8–10 minutes at 200°F

NOTE: HEATING TIMES MAY VARY DUE TO MAKE, MODEL AND TEMPERATURE CALIBRATION OF EQUIPMENT. TO DEFROST THE PRODUCT, PLACE UNDER REFRIGERATION OVERNIGHT.

## Nutrition Facts

Serving Size 1 Portion (189g)  
Servings Per Container 5

### Amount Per Serving

**Calories** 300    **Calories from Fat** 140

**% Daily Value\***

**Total Fat** 15g    **23%**

Saturated Fat 5g    **25%**

Trans Fat 0g

**Cholesterol** 120mg    **39%**

**Sodium** 680mg    **28%**

**Total Carbohydrate** 0g    **0%**

Dietary Fiber 0g    **0%**

Sugars 0g

**Protein** 40g

Vitamin A 4%    • Vitamin C 4%

Calcium 2%    • Iron 8%

\* 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
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



## Experience Sous-vide.

Scan this code to learn more about Cuisine Solutions and all the advantages of the sous-vide process.

To place your order today:  
Visit [CUISINESOLUTIONS.COM](https://www.cuisesolutions.com).  
Or call 888 285 4679.



**HIGH  
PROTEIN**



**NO  
TRANS FAT**



**GOOD SOURCE  
OF IRON**