



# Seared Chicken Breast with Thyme

Moist and tender, our seared skin-on chicken breast has a hint of thyme for a flavorful finished product.

**Item Number:** 05514

**UPC:** 705044055145

**Item Type:** Frozen

**Pack Size:** 28 Pouches/Case

**Pouch Net Weight:** 9.00 oz  $\pm$  0.5 oz

**Case Net Weight:** 15.85 lb

**Case Dimensions:** 12.6 in x 10.6 in x 10.7 in

**Pallet Config.:** 12 x 4 = 48 Cases

**Ingredients:** Chicken Breast, Water, Corn Starch, Roasted Garlic Puree (roasted garlic, water), Salt, Thyme, Black Pepper, Smoke Flavor.

**Total Shelf life:** 548 days from the production date on the pouch – keep frozen at 0 °F or below  
6 days from thawed – sealed pouch/keep 40 °F or below  
3 days (within the 6 days thawed above) – open pouch/keep 40 °F or below

## HEATING INSTRUCTIONS

### From Frozen

**Convection Oven:** 40 minutes at 375°F

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

### From Thawed

**Convection Oven:** 31 minutes at 375°F

**Microwave Oven:** 3 minutes 45 seconds (1100 watts)

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 3 Ounces (84g)  
Servings Per Container About 3

Amount Per Serving

**Calories 140**    **Calories from Fat 60**

% Daily Value\*

**Total Fat 7g**    **11%**

**Saturated Fat 2g**    **10%**

**Trans Fat 0g**

**Cholesterol 50mg**    **17%**

**Sodium 160mg**    **7%**

**Total Carbohydrate 1g**    **0%**

**Dietary Fiber 0g**    **0%**

**Sugars 0g**

**Protein 16g**

Vitamin A 2%    •    Vitamin C 0%

Calcium 0%    •    Iron 4%

\*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

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

### Microbiological Parameters:

Coliforms	< 100 cfu/gram
Staphylococcus aureus	< 10 cfu/gram
Aerobic plate count	< 1,000 cfu/gram
Anaerobic plate count	< 1,000 cfu/gram
Listeria monocytogenes	Absence in 25 grams
Salmonella	Absence in 25 grams

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