



Soy free,
nitrite free,
halal,
all breast meat
neutral to the palate

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No Spice Chicken Breast Fajita

PRODUCT ID / ID PRODUIT **29770** BRAND **HALAL GLACIAL**

NET WT (Kg)	GROSS WT (Kg)	PIECE WT	PIECES	PROTEIN	CATEGORY
4	4.4050	1-1.5oz		19	COOKED
PALLET PATTERN	STORAGE	SHELF LIFE	ALLERGEN	CASE PALLET	DIMENSIONS (IN) L X W X H
10*11	FREEZER	18 MONTHS	NO	110	15.x11.x5.0

Nutrition Facts		Valeur nutritive	
Per 100 g pour 100 g			
Calories 120		% Daily Value*	
Total Fat / Lipides 4.5 g		6 %	
Saturated / saturés 0.5 g		3 %	
+ Trans / trans 0 g			
Carbohydrate / Glucides 2 g			
Fiber / Fibres 0 g		0 %	
Sugars / Sucres 0 g		0 %	
Protein / Protéines 19 g			
Cholesterol / Cholestérol 45 mg		14 %	
Sodium 430 mg		19 %	
Potassium 175 mg		5 %	
Calcium 10 mg		1 %	
Iron / Fer 0.5 mg		3 %	
Phosphorus / Phosphore 225 mg		18 %	
* 5% or less is a little, 15% or more is a lot * 5 % ou moins c'est peu, 15 % ou plus c'est beaucoup			

Heating Instructions:
Instructions de Chauffage:

Bring to internal temperature of 165°F/74°C. Do not microwave
FRY PAN:

Preheat non-stick fry pan to medium-high. Lightly grease pan. Add chicken. Fry 6 to 7 minutes, stirring frequently. Add desired sauce choice

OVEN:

Preheat oven 350F. From frozen, place product on baking sheet evenly in middle rack of oven, bake product for 15 to 18 minutes or until product to reach internal temperature of 74C



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