



KOCH FOODS

213245 - Chicken Breast Bnls/Skls Flat 7 Oz S/O

Using portion breast saves time, labor and waste. Controls portion size and cost. If freezing allows you to take out and cook from frozen and or thaw only what's needed. Solution added enhances natural flavors, juiciness and extends holding time. Helps reduce many food safety concerns.




* Benefits

Ingredients	Allergens
Boneless Skinless Chicken breast containing up to 15% of a solution of water, salt and sodium phosphates.	

Nutrition Facts

Servings per Container	23
Serving size	1filet(197g) (100g)
Amount per serving	
Calories	92.13
% Daily Value*	
Total Fat	1.07g 0%
Saturated Fat	0.71g 4%
Trans Fat	0.01g
Cholesterol	55.65mg 19%
Sodium	401.02mg 17%
Total Carbohydrate	0g 0%
Dietary Fiber	0g 0%
Total Sugars	0g
Includes	0g Added Sugar 0%
Protein	20.05g
Vitamin D	0.09mcg 0%
Calcium	4.72mg 0%
Iron	0.5mg 3%
Potassium	321.87mg 7%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Handling Suggestions
Store Frozen 10 degrees or below
Serving Suggestions
Center of the plate entre, serve according to recipe or as required by application.
Prep & Cooking Suggestions
Flat grill 5 min on each side on 350f grill raw product: cook according to the food code and or local regulations.



Product Specifications

Brand		Manufacturer				
KOCH FOODS		KOCH FOODS				
MFG #	SPC #	GTIN	Pack	Pack Desc.		
177220	213245	00045421772204	2	23/7 OZ		
Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition		
11lb	10lb	USA		No		
Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
7.13in	9.44in	14.94in	0.58ft3	11x13	365DAYS	0°F / 32°F



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Nutrition Analysis - By Measure

Calories	92.13	Total Fat	1.07g	Sodium	401.02mg
Protein	20.05	Trans Fats	0.01g	Calcium	4.72mg
Total Carbohydrates...	0g	Saturated Fat	0.71g	Iron	0.5mg
Sugars	0g	Added Sugars	0g	Potassium	321.87mg
Dietary Fiber	0g	Polyunsaturated Fat	0.41g	Zinc	0.5
Lactose		Monounsaturated Fat	0.78g	Phosphorus	
Sucrose		Cholesterol	55.65mg		
Vitamin A(IU)•	26.09	Vitamin D	0.09mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	1.04mg	Folate	3.48mg	Riboflavin	0.09mg
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images

