



SEABOARD

219562 - Chicken Thighs Seasoned Fc

Quick Fire Fully Cooked Premium Meats deliver juicy, flame-kissed flavor that you can spin any way you want and serve in a flash.



* Benefits

Nutrition Facts

Servings per Container **53**
Serving size **3ozs (30Ounces)**

Amount per serving
Calories 290

	% Daily Value*
Total Fat 32g	49%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 410mg	18%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes Added Sugar	%
Protein 17g	
Vitamin D	%
Calcium 0mg	0%
Iron 0mg	0%
Potassium	%

* 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.

Ingredients

INGREDIENTS: CHICKEN, WATER, VEGETABLE OIL (SOYBEAN OIL), DEXTROSE, SALT, SUGAR, SODIUM BICARBONATE., CONTAINS LESS THAT 2% OF THE FOLLOWING: DEHYDRATED GARLIC, DEHYDRATED ONION, SOY SAUCE POWDER (WHEAT, SOYBEANS, SALT, MALTODEXTRIN), LEMON JUICE POWDER (MALTODEXTRIN, LEMON JUICE SOLIDS), CORN STARCH, CITRIC ACID, NATURAL FLAVOR, DEHYDRATED LEMON PEEL, SPICE. CONTAINS: WHEAT, SOY

Allergens

Contains:

soy wheat

Free From:

crustaceans eggs fish milk
 peanuts tree nuts

Handling Suggestions

Keep frozen.

Serving Suggestions

Great alone or customize with your own culinary spin

Prep & Cooking Suggestions

CONVECTION OVEN: Preheat oven to 300F with fan on low. Empty Contents of 5-lb. package into pan. Cover with foil. Heat for 40-45 minutes or until internal temperature reaches 140F.

BOIL IN BAG: Place thawed 5-lb. package of pork in boiling water. Ensure bag is fully covered in water. Boil 20-25 minutes or until internal temperature reaches 140F.

COMBI/ALTO-SHAAM: Preheat oven to 190F. Place 5-lb. package of pork in oven. Heat bag for 45-55 minutes or until internal temperature reaches 140F.

Product Specifications

Brand	Manufacturer	Product Category
SEABOARD	SEABOARD FOODS	

MFG #	SPC #	GTIN	Pack	Pack Desc.
99562	219562	10706073995621	2	2/5#

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
11.3lb	10lb	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
16.67in	10.94in	3.43in	0.36ft3	12x6	0DAYS	0°F / 32°F



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Nutrition Analysis

Calories	290	Total Fat	32g	Sodium	410mg
Protein	17	Trans Fats	0g	Calcium	0mg
Total Carbohydrates...	2g	Saturated Fat	5g	Iron	0mg
Sugars	1g	Added Sugars		Potassium	
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	95mg		
Vitamin A(U)	0	Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

Additional Images

