

#### 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.



		<b>Nutrition Fa</b>	acts
		Servings per Container Serving size 3ozs (3	r 53 Ounces)
		Amount per serving Calories	290
		% D	aily Value*
		Total Fat 32g	49%
		Saturated Fat 5g	25%
		Trans Fat 0g	
		Cholesterol 95mg	32%
* Benefits		Sodium 410mg	18%
		Total Carbohydrate 2g	1%
		Dietary Fiber 0g	0%
		Total Sugars 1g	
		Includes Added Sugar	%
Ingredients	Allergens	Protein 17g	
Ingredients	Allergens		
INGREDIENTS: CHICKEN, WATER,	Contains:	Vitamin D	%
VEGETABLE OIL (SOYBEAN OIL), DEXTROSE,	Soy () wheat	Calcium 0mg	0%
SALT, SUGAR, SODIUM BICARBONATE., CONTAINS LESS THAT 2% OF THE		Iron 0mg	0%
FOLLOWING: DEHYDRATED GARLIC, DEHYDRATED ONION, SOY SAUCE POWDER	Free From:	Potassium	%
(WHEAT, SOYBEANS, SALT, MALTODEXTRIN), LEMON JUICE POWDER (MALTODEXTRIN, LEMON JUICE SOLIDS), CORN STARCH, CITRIC ACID, NATURAL FLAVOR, DEHYDRATED LEMON PEEL, SPICE. CONTAINS: WHEAT, SOY	() crustaceans () eggs () fish () milk () peanuts () tree nuts	* The % Daily Value (DV) tells you how mu a serving of food contributes to a daily die a day is used for general nutrition advice.	

#### 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	Manı	Manufacturer		Product Category			
SEABOARD	SEABOA	SEABOARD FOODS		hicken Legs, Drumsticks & Thighs			
MFG #	SPC #	GTI	N	Pack	Pack Desc.		
99562	219562	10706073	995621	2	2/5#		
Gross Weigł	nt Net Weig	ht Country	of Origin	Kosher	Child Nutrition		
11.3lb 10lb		U	USA		No		
Shipping Information							

Shipping Information						
Length	Width	Height	Volume	TIxHI	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	Og	Calcium	0mg
Total Carbohydrates…	2g	Saturated Fat	5g	Iron	0mg
Sugars	1g	Added Sugars		Potassium	
Dietary Fiber	Og	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	95mg		
Vitamin A(IU)•	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



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