

**HT** Sliced White Chicken  
Heat Treated Product Information and Instruction



**#35-1965**

Pack : 1 / 10 lb bag

Raw cut size: 1.5" x 1.5"x 0.25"

Pieces per lb:

Case Net Weight (lbs): 10 lbs

Case Gross Weight (lbs): 10.9 lbs

Case Cube: .58

UPC: 856460001695

Shelf Life: 12 Months Frozen

Ti x Hi : 11 x 10

For recipe ideas visit us at [www.sunrisefoodsohio.com/recipes](http://www.sunrisefoodsohio.com/recipes)

**HIGHLIGHTS:**

- Zero trans fat. No MSG added.
- USDA whole muscle all white meat chicken.
- Minimally processed, No preservatives, No artificial Ingredients
- No mess, Easy to prepare, Fry, Water Blanch or Oven baked.
- Ready in minutes.

**Nutrition Facts**

Serving Size (150g)  
Servings Per Container

Amount Per Serving		% Daily Value*	
<b>Calories</b> 250	<b>Calories from Fat</b> 120		
<b>Total Fat</b> 14g			<b>22%</b>
Saturated Fat 3g			<b>15%</b>
Trans Fat 0g			
<b>Cholesterol</b> 70mg			<b>23%</b>
<b>Sodium</b> 380mg			<b>16%</b>
<b>Total Carbohydrate</b> 9g			<b>3%</b>
Dietary Fiber 0g			<b>0%</b>
Sugars 0g			
<b>Protein</b> 25g			
Vitamin A 0%		Vitamin C 0%	
Calcium 0%		Iron 10%	

\*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

**Cooking Instructions | from thaw**



**OPTION 1 | 1 MINUTES | FRYER**

- 350° F for 1 Minutes.
- Ensure internal temperature of 165° F or higher.



**OPTION 2 | 2 MINUTES | STOVE TOP**

- Blanch Chicken in a pot of boiling water for approx. 2 minutes.
- Stir Chicken in the basket for even cooking.
- Ensure Chicken is cooked to an internal temperature of 165° F.
- Drain excess water.



**OPTION 3 | 25 MINUTES | OVEN**

- At 400° F, Bake middle rack.
- Spread evenly in single layer, do not over stack.
- Ensure internal temperature of 165° F or higher.

**INGREDIENTS:**

Chicken Breast, Water, Soybean Oil, Cornstarch, Egg Whites (Egg Whites, Guar Gum, Triethyl Citrate), Sodium Phosphate, Salt, White Pepper, Baking Soda (Sodium Bicarbonate).  
Contains Egg, Soy.