



Printer Friendly Version 

## Brakebush Brothers

Brakebush®

Chicken, FC Gold'N'Spice® Breast Fillet, Perfect Answers®, 40/4 OZ

**GTIN:** 10038034534007  
**MFR Product Number:** 5340  
**Serving Size:** 1 piece  
**Servings Per Case:** 40  
**Storage Temperature:** 0F  
**Shelf Life:** 12 months  
**Child Nutrition Label (Y/N):** No



### General Description

5340-Fully Cooked Breaded Portioned Chicken Breast Meat with Rib Meat

### Benefits Of Using This Product

The consistent size of these whole muscle portioned breasts gives you the exact portion control, excellent plate/bun coverage and accurate portion costs. Fully cooked.

### Serving Suggestions

#### BREAKFAST

The Amazing Monte - Breaded chicken breast fillet topped with ham, Swiss and mustard on a bagel, dipped in egg batter and griddled.

Bronco Billy's Wake-Up Call - Wake up the cowboy way with this tortilla topped with Buffalo sauced or spicy chicken breast fillet, black bean salsa, fried eggs and Monterey Jack cheese.

#### SALADS

Chicken Ranch-Hand Wedge - Iceberg lettuce wedge atop breaded chicken breast fillet, Roma tomato and cucumber served with a Montana Ranch dressing.

#### SANDWICHES

Cool Memphis Cruiser – Breaded chicken breast fillet, Swiss cheese and citrus mustard BBQ sauce topped with cole slaw.

Cordon Bleu – Breaded chicken breast fillet, ham and swiss on a Kaiser roll.

Dixie-Land Cuban - A hearty twist on a traditional Cuban takes a breaded chicken breast fillet and impresses it with mustard, ham, dill pickle, banana peppers and Swiss cheese.

Maui Chicken Bleu Burger - Buffalo-sauced chicken breast fillet, Canadian bacon, pineapple, Maui onion, lettuce and cheese.

Mississippi Flyer - With breaded chicken breast fillet, pickles, cheese and creamy coleslaw, this slider is more than a mouthful.

Pacific Coast Fly-Way - Breaded chicken breast fillet, Swiss cheese, dill pickles, onion ring, and BBQ slaw on a honey wheat bun.

#### WRAPS

The Cuban Cigar – A breaded chicken breast fillet hand rolled with mustard, ham, dill pickle, banana peppers and Swiss cheese and pressed to perfection.

The Twisted Buffalo – Crispy breaded chicken breast fillet, chili spiked garden slaw and a splash of Buffalo sauce all twisted up in a large tortilla.

#### ENTREES

Quick & Easy Chicken Parmesan - Breaded chicken breast fillet, marinara sauce and Italian cheese blend served atop your favorite pasta.

Risotto Saltimbocca - Grilled chicken breast fillet topped with chopped sage, prosciutto and fresh mozzarella served atop seasoned risotto, asparagus, tomato and peas.

Savory Chicken, Apple and Brie - Honey mustard brushed chicken breast fillet topped with sweet ham, apple and melted Brie, all served with Extreme Mashed Potatoes.

The Greek Isle Pita - Balsamic-laced chicken breast fillet nesting atop a Roma tomato and Artisan bread salad, finished with a cool cucumber, olive and Feta raita.

For more ideas and recipe information contact your Brakebush Sales Representative or call 800-933-2121.

#### Preparation and Cooking Instructions

Cook to a minimum of 165°F. Deep fry at 350°F for 4-6 min. Bake in single layer in preheated convection oven at 350°F for 10-13 min. Bake in single layer in preheated conventional oven at 400°F for 15-25 min. Adjust times to quantity being cooked and equipment used. Do not overcook.

#### List Of Ingredients

INGREDIENTS: BONELESS CHICKEN BREAST WITH RIB MEAT, WATER, SEASONING (MODIFIED FOOD STARCH, CARRAGEENAN), SALT, SODIUM PHOSPHATES. BREADED WITH ENRICHED BLEACHED WHEAT FLOUR AND DURUM FLOUR (ENRICHED WITH NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, MODIFIED FOOD STARCH, SALT, GARLIC POWDER, SPICES, SOYBEAN OIL, YELLOW CORN FLOUR, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), DEXTROSE, EXTRACTIVES OF PAPRIKA, CELLULOSE GUM (SODIUM CARBOXYMETHYLCELLULOSE), NATURAL FLAVOR, SODIUM ALGINATE, NOT MORE THAN 2% SILICON DIOXIDE ADDED TO PREVENT CAKING.

ALLERGENS: WHEAT

#### Other Information

For more information about Brakebush products call 1-800-933-2121.

#### Additional Information

For more information about Brakebush products call 1-800-933-2121.

#### Nutritional Information

### Nutrition Facts

Serving Size: 1 piece (113g)  
Servings Per Container: 40

Kosher: NO  
Serving Size for Nutrients: 113g  
Household Serving Size: 1  
Measure: PIECE

Amount per Serving	
Calories: 200	Calories from Fat: 70
% Daily Value*	
Total Fat: 8 g	13 %
Saturated Fat: 1.5 g	8 %
Trans Fat: 0 g	
Cholesterol: 40 mg	14 %
Sodium: 480 mg	20 %
Total Carbohydrate: 14 g	5 %
Dietary Fiber: 2 g	6 %
Sugars: 1 g	
Protein: 18 g	
Vitamin A: 0 %	Vitamin C: 0 %
Calcium: 0 %	Iron: 6 %
*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

\* This is a representation of the nutrition label. The actual nutrition label on the product may vary slightly.

#### Packaging & Storage Information

Packed in 2/5# bags

#### Master Pack

**Pallet Tie:** 16

**Pallet High:** 8

**Pallet Extra:**

**Total Pallet:** 128

**Description:** 1 CASE case

**Size:** 10 LB

**Gross Weight:** 10.68 LB

**Net Weight:** 10 LB

**Volume:** 0.62 FT

**Length:** 13.5 IN

**Width:** 8.63 IN

**Height:** 9.25 IN

#### Inner Pack

**Unit Quantity:** 1 CASE

**Unit Size:** 10 lb