

# G33430 - QUICK RELEASE CHICKEN BREAST WITH RIB MEAT



G33430

*Quick Release Chicken*

3 oz portions, 53 per case

NET WT: 10.0 lbs (4.54 kgs)

GROSS WT: 10.84 lbs (4.88 kgs)

Case Size: 17 x 10.25 x 3.625"

Case Cube: 0.37

Cases Per Pallet: 160

Tie High: 10/16

Shelf Life: 300 Days

GTIN: 00853301002552



## Features and Benefits:

The secret to the Gary's QuickSteak® Chicken is the release process on the grill. Easily break apart or defrost the amount required for your recipe. The meat slices separate into lean, tender and juicy slices on the grill in seconds. Gary's QuickSteak® delivers on flavor and profit and will please your grill cooks and customers equally!

Boost your grill productivity with Gary's QuickSteak® products. You will see measurable savings with less waste, labor and menu planning. Expand your sandwich menu with a variety of recipe options such as salads, omelets, fajitas, wraps, rice bowls, chicken soup, chicken cheesesteaks, and more!

- Lightly seasoned with natural chicken flavorings
- Lean and juicy slices with a tender bite
- May be cut or chunked in skillet
- 14 grams Protein
- Versatile Menu Options

<b>Nutrition Facts</b>		
Serving Size 3 oz (85g)		
Servings Per Container 53		
Amount Per Serving		
<b>Calories</b> 90	Calories from Fat 22	
% Daily Value*		
<b>Total Fat</b> 2.5g	3%	
Saturated Fat 1g	5%	
Trans Fat 0g		
<b>Cholesterol</b> 50mg	17%	
<b>Sodium</b> 220mg	10%	
<b>Total Carbohydrate</b> 2g	1%	
Dietary Fiber 0g	0%	
Sugars 0g		
<b>Protein</b> 14g		
Vitamin A	0%	
Vitamin C	0%	
Calcium	0%	
Iron	0%	
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Value may be higher or lower depending on your calorie needs.		
	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat 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

Ingredients: Chicken Breast with Rib Meat, Contains up to 22% of a solution of Water, Salt, Dried Chicken Broth, Dextrose, Sodium Phosphate, Sugar, Onion, and Garlic Powder

## COOKING PREPARATION:

Flat Top Grill -

Our chicken cooks best on a flat top grill pre-heated to 350°F

1. Place frozen or thawed portion on the grill and add desired seasonings.
2. As cooking begins flip the portion once.
3. As the meat slices begin to release; continue to separate with the spatula. Use caution not to over-cook.
4. Cook until product has reached an internal temperature 165°F.

Conventional Oven -

Our chicken cooks best on a conventional oven pre-heated to 350°F

1. Place frozen or thawed portion in a oven safe pan and add desired seasonings.
2. As cooking begins flip the portion once.
3. As the meat slices begin to release; continue to separate with the spatula. Use caution not to over-cook.
4. Cook until product has reached an internal temperature 165°F.

11/15/2022