

2024-2025 FACT SHEET

7516 | GOLD KIST® WHOLE MUSCLE BREADED FILLET



PILGRIM'S® PRIDE CORP. – Gold Kist® Brand

CODE NUMBER:	7516
M/MA CONTRIBUTION:	2
GRAIN CONTRIBUTION:	1
CALORIES	230
SODIUM	440mg
GTIN:	10075632075167
CASE DIMENSIONS:	17L x 13W x 11.43"H
SHELF LIFE:	365 days
CASE/PALLET:	56
CASE WT:	30 LBS
SERVING SIZE:	1 Piece
DONATED FOOD/CASE:	29.71
SERVINGS/CASE:	100-140
GR. WT:	32.02 LBS
PALLET (TxH):	8 x 7
CASES CUBE:	1.48

Fully-cooked, Whole Grain Breaded, Skinless and Boneless Whole Muscle Chicken Breast Fillet. One 4 oz serving provides 2 oz equivalent meat/meat alternate and 1 oz equivalent grains.

CONTAINS: MILK, WHEAT.



Nutrition Facts

About 120 servings per container
Serving size 1 Piece

Amount per serving
Calories 230

	% Daily Value*
Total Fat 9g	11%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Polyunsaturated Fat 4g	
Monounsaturated Fat 2g	
Cholesterol 55mg	18%
Sodium 440mg	19%
Total Carbohydrate 19g	7%
Dietary Fiber 2g	9%
Total Sugars less than 1g	
Includes 0g Added Sugars	1%

Protein 19g	
Vit D 0mcg 0%	Calcium 20mg 2%
Iron 1.2mg 6%	Potas. 420mg 9%

*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.



Fully Cooked Copy Not For Documenting Federal Meal Pattern Requirements

7516

BONELESS, SKINLESS WHOLE GRAIN BREADED CHICKEN BREAST FILLETS WITH RIB MEAT

INGREDIENTS: Boneless Skinless Chicken Breast Fillets With Rib Meat, Water, Modified Food Starch, Reduced Sodium Sea Salt (Sea Salt, Potassium Chloride, Rice Flour), Sodium Phosphates, Sugar, Black Pepper, White Pepper, Garlic Powder, Yeast Extract. **BREADED WITH:** Whole Wheat Flour, Wheat Flour, Salt, Enriched Wheat Flour (Enriched With Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Yeast Extract, Spice, Yeast, Soybean Oil, Extractives Of Paprika, Annatto And Turmeric, Dextrose, Leavening (Sodium Bicarbonate, Sodium Acid Pyrophosphate, Monocalcium Phosphate). **BATTERED WITH:** Water, Whole Wheat Flour, Modified Corn Starch, Salt, Enriched Wheat Flour (Enriched With Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Leavening (Calcium Acid Pyrophosphate, Monocalcium Phosphate, Sodium Bicarbonate), Spice, Maltodextrin, Soybean Oil (As A Processing Aid), Extractives Of Paprika, Annatto And Turmeric, Butter Flavor (Butter, Sweet Buttermilk, Natural Flavor). **PREDUSTED WITH:** Whole Wheat Flour, Modified Corn Starch, Salt, Spice Extractive, Breading Set In Vegetable Oil.
CONTAINS: Milk, Wheat

HEATING INSTRUCTIONS FROM FROZEN: Conventional Ovens: Preheat oven to 350°F. Place frozen chicken pieces in a single layer on ungreased baking pan. Bake uncovered for 30 minutes. Convection Ovens: Preheat oven to 350°F. Place frozen chicken pieces in a single layer on ungreased baking pan. Bake uncovered for 20 minutes. Insert a meat thermometer into the thickest portion of the product. Continue heating until the internal temperature reaches 165°F.



DISTRIBUTED BY: Pilgrim's Pride Corporation
1770 Promontory Circle, Greeley, CO 80634 800-321-1470 www.pilgrimsfoodservice.com

© Gold Kist Farms is a registered trademark of Pilgrim's Pride Corporation.
Product of USA



(01)10075632075167

GET THE PRODUCTS AND SUPPORT TRUSTED BY SO MANY.
TALK TO YOUR REPRESENTATIVE TODAY OR VISIT PILGRIMSFOODSERVICE.COM

