

# 2024-2025 FACT SHEET

## 7522 | GOLD KIST® WHOLE GRAIN BREADED BREAST FILLETS

# GOLD KIST® CHICKEN

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

CODE NUMBER:	7522
M/MA CONTRIBUTION:	2
GRAIN CONTRIBUTION:	1.25
CALORIES	230
SODIUM	380mg
GTIN:	10075632075228
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:	33.28
SERVINGS/CASE:	113
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. The meat and grain credits per serving is: 1 piece provides 2 oz. equivalent M/MA and 1.25 oz equivalent grain.

**CONTAINS: MILK, WHEAT.**



SERVING SUGGESTION

### Nutrition Facts

113 servings per container	
<b>Serving size</b>	<b>1 Piece</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 9g	<b>11%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
Polyunsaturated Fat 4g	
Monounsaturated Fat 2g	
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 380mg	<b>16%</b>
<b>Total Carbohydrate</b> 16g	<b>6%</b>
Dietary Fiber 2g	<b>9%</b>
Total Sugars 0g	
Includes less 0g Added Sugars	<b>1%</b>
<b>Protein</b> 21g	
Vit D 0mcg 0%	Calcium 20mg 2%
Iron 1.2mg 6%	Potas. 410mg 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.

# GOLD KIST CHICKEN™

Fully Cooked Copy Not For Documenting Federal Meal Pattern Requirements

## 7522

### WHOLE GRAIN BREADED CHICKEN BREAST FILLETS WITH RIB MEAT

**INGREDIENTS:** Boneless Skinless Chicken Breast With Rib Meat, Water, Sodium Phosphates, Reduced Sodium Sea Salt (Sea Salt, Potassium Chloride, Rice Flour), Seasoning (Salt, Sugar, Natural Flavors, Dehydrated Onion, Spices (Including Celery Seed), Dehydrated Garlic, Chicken Broth, Maltodextrin, Dried Chicken, Dried Chicken Skin, Soybean Oil (As A Processing Aid), Not More Than 2% Silicon Dioxide Added To Prevent Caking), **Breaded With:** Whole Wheat Flour, Enriched Wheat Flour (Enriched With Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Sugar, Yeast Extract, Disodium Inosinate And Disodium Guanylate, Spice, Yeast, Dextrose, Extractives Of Paprika, Leavening (Sodium Bicarbonate, Sodium Acid Pyrophosphate, Monocalcium Phosphate), Extractives Of Paprika And Annatto, Extractives Of Turmeric, Less Than 2% Soybean Oil, **Battered With:** Water, Whole Wheat Flour, Modified Corn Starch, Enriched Wheat Flour (Enriched With Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, 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:** Convection Oven: Preheat oven to 350° F. Place frozen chicken pieces in a single layer on an ungreased baking pan. Bake uncovered for 20 minutes. Conventional Oven: Preheat oven to 350° F. Place frozen chicken pieces in a single layer on an ungreased baking pan. Bake uncovered for 30 minutes. Fully heat product to a minimum internal temperature of 165° F. Appliances vary, adjust heat times accordingly.



**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)10075632075228

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

**Pilgrim's®**  
Foodservice