TRU GRILL®

GRILLED LEMON CHICKEN BREASTS

All-Natural boneless skinless chicken breasts grilled over a real open flame and finished with a lemon pepper sauce

- Use on salads, on sandwiches, or in wraps
- Great as a quick high-protein snack
- Serve as a main dish or as a component
- Gluten free, keto friendly, and no artificial flavors or colors

HEATING INSTRUCTIONS

MICROWAVE OVEN: Remove chicken from container, place on plate, cover, and set on high for 30 second to 1 minute or until hot

(or until internal temperature is 165°F as indicated by a calibrated cooking thermometer)

Can be served chilled

INGREDIENTS:

Chicken (Boneless Chicken Breast, Water, Contains 2% Or Less Of The Following: Vinegar, Salt, Natural Flavors), **Lemon Sauce** (Water, Sugar, Lemon Juice Concentrate, Contains 2% or less of: Salt, Soybean Oil, Pineapple Juice Concentrate, Onion Powder, Lime Juice Concentrate, Xanthan Gum, Natural Lemon Flavor (Sugar, Corn Maltodextrin, Natural Flavor, Modified Corn Starch), **Citric Acid, Pepper, Spices.**

Nutrition Facts

About 2.5 servings per container

Serving size   **5oz(140g)**

	Per Serving		Whole Package	
Calories	**140**		**340**	
	% Daily Value*		% Daily Value*	
Total Fat	3g	**4%**	7g	**9%**
Saturated Fat	0.5g	**3%**	1.5g	**8%**
Trans Fat	0g		0g	
Cholesterol	70mg	**23%**	175mg	**58%**
Sodium	580mg	**25%**	1410mg	**61%**
Total Carbohydrate	4g	**1%**	10g	**4%**
Dietary Fiber	0g	**0%**	0g	**0%**
Total Sugars	3g		7g	
Includes Added Sugars	2g	**4%**	6g	**12%**
Protein	23g		55g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	10mg	0%	24mg	2%
Iron	0mg	0%	1mg	6%
Potassium	391mg	8%	951mg	20%

*The % Daily Value 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.

Calories per gram:
         Fat 9 • Carbohydrate 4 • Protein 4

FROZEN - NEW YORK

Case UPC #: **7-06129-02726-2**
Unit UPC #: **7-06129-02732-3**
Pack Size: **6/12 oz.**
Case L/W/H: **13.07" x 10.45" x 7.02"**
Unit L/W/H: **8.875" x 6.625" x 2"**

Cube: **0.56**
Ti/Hi: **14x10**
Net WT: **4.50 lbs.**
GR Weight: **5.20 lbs.**
Shelf Life: **Min. 140 days (14 from slack)**

CASE UPC   UNIT UPC

7 06129 02726 2   7 06129 02732 3

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