



Our custom product labels are designed to give you the most value for your food-dollars.

The large, clear, easy to read **product description** makes it easier to find the items you're looking for. You'll spend less wasted time searching and more time enjoying.

Tells you if the product is "**Fully Cooked**", "**Raw**" and **requires cooking** or can be "**Thawed and Served**". You'll know at a glance how to handle the product so you're using it safely.

Want more information about this product? Scan the **QR Code** with your smart phone or tablet and go right to the product on our website. You'll find everything you see on the label plus descriptive information, photos and recipes. And you can add to a reminder list or order the product. Let your phone or tablet save you time by taking you to the information you need.

**Chicken Breast Fillet**  
Pre-grilled, Fully Cooked

www.askgfi.com  Scan for Info 

**FULLY COOKED PRODUCT**

—Suggested Preparation Instructions—

**Microwave Oven:** Place frozen fillet on a microwave-safe plate and place on microwave turntable. Cover with microwave cooking lid. Microwave on HIGH 1-3 minutes per serving. Appliances vary, adjust accordingly. Cook to a minimum of 165 degrees F. **Do not overcook!**

- **Keep frozen until used!**

(For more info and ingredients go to our customer website askgfi.com)

Nutrition Facts		
Serving Size: 1 Fillet (112g)	Calories: 160	Calories from Fat: 30
	% Daily Value *	
Total Fat 10g	5%	Dietary Fiber 0g
Saturated Fat 3g	5%	Sugars 1g
Trans Fat 0g		Protein 15g
Cholesterol 60mg	27%	Vitamin A
Sodium 450mg	18%	Vitamin C
Total Carbohydrates 5g	0%	Calcium
Dietary Fiber 0g	0%	Iron
		* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

**Contains: Soy**

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Home Office: Shawnee, KS 66227

Our most commonly used step-by-step **Preparation Instructions** provide clear directions of how to cook the product. Properly prepared food results in the best taste and nutrition.

For **Other Preparation Methods** go to our website. You'll find the same easy to follow step-by-step directions and avoid wasting food by trial and error.

An easy to read, complete list of **Nutrition Facts** is formatted according to FDA guidelines. You'll always find the same information in the same place on each product with this label on it.

If the product has ingredients that are potential **Allergens**, we show these at the bottom of the label. You'll have this information at a glance instead of having to search the ingredients.

These labels have a special coating for low temperatures so they remain readable in the zero degree environment that preserves your food supply.