

## FC Shredded Chicken Breast



### NUTRITIONALS

Serving Size	3 oz
Calories	90
Calories from Fat	15
Fat	2 g
Saturated Fat	0.5 g
Trans Fat	0 g
Cholesterol	65 mg
Sodium	430 mg
Carbohydrates	0 g
Dietary Fiber	0 g
Sugars	0 g
Protein	19 g

### Benefits

- PAC: 2- 5 lb. bags
- All white meat
- Serve HOT or COLD
- Use as a center-of-the-plate protein
- Use as an ingredient for various recipe and menu concepts
- Perfect for salad and themed bars
- Add sauce for easy signature dishes

