Market Day®
marketday.com

98% FAT FREE

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Uncooked - Raw Product

LEMON PEPPER CHICNSTEAKES

Taste for Health™

Boneless, Skinless Breast of Chicken with Rib Meat
Containing up to a 25% solution of:
water, lemon pepper seasoning, modified food starch & sodium phosphates

0 grams of Trans Fat per Serving

INSPECTED FOR WHOLESOMENESS BY U.S. DEPARTMENT OF AGRICULTURE

KEEP FROZEN

NET WT. 32 OZ. (2 LBS.)

8-4 OZ. PCS.

Manufactured Exclusively for Market Day, LLC

LEMON PEPPER
0195
M0869
ChicNSteakes
Distributed Exclusively by Market Day®
Itasca, IL 60143
Market Day®
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M0868
TERIYAKI

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Uncooked - Raw Product
TERIYAKI FLAVORED CHICNSTEAKES

Nutrition Facts

Serving Size 1 Piece (112g)
Servings Per Container 8

Amount Per Serving	
Calories 170 Calories from Fat 50	
	% Daily Value*
Total Fat 6g	**9 %**
Saturated Fat 1g	**5 %**
Trans Fat 0g	
Cholesterol 55mg	**18 %**
Sodium 760mg	**32 %**
Total Carbohydrate 7g	**2 %**
Dietary Fiber 0g	**0 %**
Sugars 5 g	
Protein 22g	

Vitamin A 0%	•	Vitamin C 2%	
Calcium 2%	•	Iron 6%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65 g	80 g
Saturated Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25g	30g

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

Ingredients

Boneless, Skinless Breast of Chicken with Rib Meat
Containing up to a 25% solution of: seasoning (sugar, brown sugar, pineapple juice solids, soy sauce solids (wheat, soybeans, salt, vinegar, lactic acid), salt, hydrolyzed soy and corn protein, spices, lemon juice solids, dehydrated onion and garlic, molasses powder, caramel powder, beet powder, spice extractives, less than 2% silicon dioxide), water, soybean oil, and sodium phosphate.
Contains: Wheat, Soy.

Product of USA

COOKING INSTRUCTIONS
REMOVE FROM PACKAGING

Grill-From Frozen 15-20 minutes; **From Thawed** 7-10 minutes. *Turn over as necessary to avoid burning.*
Broil-From Frozen 15-20 minutes; **From Thawed** 7-10 minutes. *Turn over as necessary.*
Bake in a pre-heated 350°F oven **From Frozen** 24-26 minutes; **From Thawed** 18-20 minutes.
Pan-Fry/Sautée in covered pan **From Frozen** 10-12 minutes on medium heat; **From Thawed** for 7-9 minutes on medium heat. *Turn over frequently.*

Note: When fully cooked, breast meat will be white (not pink) inside. Cook to an internal core temperature of at least 170°F (at thickest part). Cooking instructions are a guide. Appliances vary - time and temperature may need adjustment. *DO NOT MICROWAVE. Microwaving raw poultry cannot guarantee thorough cooking of the entire portion.

Safe Handling Instructions

This product was prepared from inspected and passed meat and / or poultry. Some food products may contain bacteria that could cause illness if the product is mishandled or cooked improperly. For your protection, follow these safe handling instructions.

Keep refrigerated or frozen. Thaw in refrigerator or microwave.

Keep raw meat and poultry separate from other foods. Wash working surfaces (including cutting boards), utensils, and hands after touching raw meat or poultry.

Cook thoroughly.

Keep hot foods hot. Refrigerate leftovers immediately or discard.

Manufactured Exclusively for Market Day, LLC - Itasca, IL 60143

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Uncooked - Raw Product
LEMON PEPPER CHICNSTEAKES

Taste for Health™

Nutrition Facts

Serving Size 1 Piece (113g)
Servings Per Container 8

Amount Per Serving	
Calories 110	Calories from Fat 20
	% Daily Value*
Total Fat 2.5g	**4 %**
Saturated Fat 0.5g	**3 %**
Trans Fat 0g	
Cholesterol 60mg	**20 %**
Sodium 510mg	**21 %**
Total Carbohydrate 3g	**1 %**
Dietary Fiber 0g	**0 %**
Sugars 0g	
Protein 19g	

Vitamin A 0% • Vitamin C 2%
Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
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Total Carbohydrate		300 g	375 g
Dietary Fiber		25g	30g

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

Ingredients:

Boneless skinless breast of chicken with rib meat containing up to a 25% solution of: water, lemon pepper seasoning (salt, spices [black pepper, mustard], lemon juice solids [corn syrup solids, lemon juice, lemon oil], sugar, corn syrup solids, citric acid, corn starch, dehydrated onion and garlic, natural flavorings, turmeric extractives), modified food starch, sodium phosphates.

COOKING INSTRUCTIONS
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Crayon Corral?
Recycle me.

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