

NUTRITIONAL FACTS

RASTELLI

5 oz. ABF Super Trimmed Boneless/Skinless Chicken Breasts

Preparation Instructions: Remove chicken breast from freezer. Defrost in refrigerator overnight. When ready to prepare, remove from package. **Oven:** Preheat oven to 450F. Lightly coat chicken breasts with cooking oil on both sides, then season generously with Rastelli Signature seasonings, or your favorite seasoning. Place breasts on baking pan, uncovered. Bake for 15- 20 minutes. Remove from oven and let rest 2 minutes before serving. **Stove Top:** Heat oil in a large skillet over medium-high heat. Sprinkle chicken evenly on both sides with seasoning. Add chicken to pan; cook 4 minutes on each side or until golden brown. Let rest for 2 minutes before serving. **Air Fryer:** Preheat to 375F. Lightly coat chicken breasts with cooking oil on both sides, then season generously. Place in Air Fryer and cook for 7 to 10 minutes and let rest 2 minutes before serving. **Grill:** Preheat grill to 400F. Lightly coat breasts with cooking oil on both sides, then season. Place on grill and cook 4-5 minutes per side. Let rest for 2 minutes before serving. **Note: Heating times may vary; use a meat thermometer to ensure meat cooks to an internal temperature of at least 165°F.*

Nutrition Facts	
12 servings per container	
Serving size	5 oz. (142g)
Amount Per Serving	
Calories	140
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 300mg	13%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 28g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.9mg	6%
Potassium 0mg	0%
<small>* 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.</small>	

INGREDIENTS: CHICKEN BREAST, ABF,
BONELESS SKINLESS

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INGREDIENTS: CHICKEN BREAST, ABF,
BONELESS SKINLESS

NUTRITIONAL FACTS

RASTELLI

5 oz. ABF Super Trimmed Boneless/Skinless Chicken Thighs

Preparation Instructions: Remove chicken thighs from freezer. Defrost in refrigerator overnight. When ready to prepare, remove from package. **Oven:** Preheat oven to 375F. Lightly coat chicken thighs with cooking oil on both sides, then season generously. Place thighs on baking pan, uncovered. Boneless, skinless chicken thighs cook quickly, in 15 to 20 minutes, depending on the size and appliance. Bake until internal temperature reaches 165F. Let the thighs rest for 5 to 10 minutes before serving. **Stove Top:** Heat cooking oil in a pan over medium-high heat. Sprinkle thighs evenly on both sides with seasoning. Add thighs to pan; cook 5 to 7 minutes on each side, until both sides are golden brown, and the internal temperature reads 165F. Let rest for 2 minutes before serving. **Note: Heating times may vary; use a meat thermometer to ensure meat cooks to an internal temperature of at least 165°F.*

Nutrition Facts	
Serving Size: 5 oz (142g)	
Servings Per Container: 12	
Amount Per Serving	
Calories 170	Calories from Fat 50
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 135mg	45%
Sodium 135mg	6%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 28g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 6%
* Percent Daily Values are based on a 2,000 calorie diet.	

INGREDIENTS: CHICKEN THIGH, ABF, BONELESS SKINLESS

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Vitamin A 0%	• Vitamin C 0%
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INGREDIENTS: CHICKEN THIGH, ABF, BONELESS SKINLESS