

Home Food Service - Agostino

Item Specification Sheet

Company Packed For	HFS
Product Name	Cornish Hens
CSB ID#	115511
Product Description	
Pieces Per Package	1
Piece Weight (in ounces)	32 oz
Package Weight	2.00 LB
Label ID	HFS 4x3 Label
Features	Product of the USA
Cooking Instructions	<p>To Thaw: Leave in original wrapper. Thaw in the refrigerator or immerse in cool water for 2 to 3 hours. Keep refrigerated if not cooked at once. Remove giblets. Season hens inside and out with salt and pepper; truss. Cook in 350°F oven for 1 to 1 1/4 hours; add approximately 15 minutes ofr stuffed hens. Check for doneness. Use a meat thermometer and remove when the internal temperature of the meat reaches 165°F.</p> <p>*Please be aware that consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase the risk of food-borne illness.</p>
Ingredients	

Nutrafacts

Nutrition Facts

Serv. Size4 oz (113g)

Serv. Per Cont.8

Calories 230

Fat Cal. 140

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 16g	24%	Total Carb. 0g	0%
Sat. Fat 4.5g	22%	Fiber 0g	0%
Trans Fat 0g		Sugars 0g	
Cholest. 115mg	38%	Protein 19g	
Sodium 70mg	3%		
Vitamin A 2% • Vitamin C 0% • Calcium 2% • Iron 4%			