

CHICKEN AND BEANS



This dish features a tender, sous-vide grilled chicken breast paired with savory baked beans. The sous-vide preparation ensures the chicken remains succulent and flavorful, while the beans provide a hearty, fiber-rich accompaniment. It is an ideal menu option for healthcare facilities seeking to provide high-quality protein in a familiar, comforting format that requires almost no active preparation time.

Ingredients:

- 1 each Gordon Choice Sous Vide Grilled Chicken Breast (GFS #136480)
- 3 oz. Gordon Choice Baked Beans (GFS #864892)







Tastefully Balanced Nutritional Info
750mg Sodium or less | 15g protein or more

Nutritional Highlights (per 6 oz. serving)

This profile is a standout for protein density and low-fat content, making it excellent for therapeutic diets:

- **Superior Protein Density:** Delivers a robust **29g of protein (58% DV)** in a compact 6 oz. portion.
- **Exceptionally Lean:** Contains only **1.5g of total fat** and **0g of saturated fat**, perfect for heart-healthy or weight-management plans.
- **Clean Energy:** Provides **10g of total carbohydrates** with **2g of dietary fiber**, offering a lower-glycemic alternative to pasta or rice-heavy dishes.
- **Essential Minerals:** A reliable source of **potassium (290mg)** and **iron (1.08mg)** to support cardiovascular health.
- **Moderate Calorie Count:** At just **170 calories**, this entree allows for flexibility in adding side dishes while maintaining strict caloric control.

Product	Description	Code #	Pack Size
 <p>Gordon Choice® Fully Cooked 6 oz. Chicken Breast</p>	<p>These fully cooked, tender chicken breasts come grilled to perfection, with smoky notes ready to elevate your menu. We've infused them with a subtle chicken base marinade for savory depth to pair well with any sauce or seasoning.</p>	136480	4 packs of 10 x 6 oz.*
 <p>Gordon Choice® Baked Beans</p>	<p>These hearty vegetarian baked beans are simmered to perfection, offering an easy-to-heat solution for your menu that always satisfies.</p>	  864892	4/3 lb.

LEGEND:  Dairy Free  Gluten Free  Kosher  Vegan  Vegetarian

