



**BONELESS SKIN-ON CHICKEN THIGHS
JAMAICAN JERK STYLE**

Nutrition Facts
Varied servings per container
Serving size 4 oz (112g) raw

Amount per serving		
Calories 240		% Daily Value*
Total Fat 18g		24%
Saturated Fat 5g		24%
Trans Fat 0g		
Cholesterol 85mg		29%
Sodium 400mg		17%
Total Carbohydrate 3g		1%
Dietary Fiber <1g		2%
Total Sugars 0g		
Includes 0g Added Sugars		0%
Protein 16g		

Vit. D 0mcg 0% • Calcium 16mg 0%
Iron 0.78mg 4% • Potas. 630mg 15%

*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.

Ingredients: Boneless Skin-On Chicken Thigh, Red Onion, Contains 2% or less of each: Olive Oil, Cultured Sugar, Garlic, Shallots, Allspice, Green Onions, Thyme, Salt, Vinegar, Dried Scotch Bonnet Chiles, Caramel Color, Safflower Oil, Black Pepper, Red Pepper Flakes, Natural Flavors, Citric Acid, Ascorbic Acid.

Distributed By: Wegmans Food Markets, Inc.
Rochester, NY 14603

We guarantee it!
The Wegmans Family

**DO NOT MICROWAVE
IN PACKAGE**

HOW TO COOK

Cooking times may vary depending on your equipment. Cook thoroughly.

Grill — Preheat grill on HIGH. Sear thigh(s) with skin side down 1-2 min per side. Turn over, reduce heat to MEDIUM, close lid. Cook about 10 min turning several times or until internal temperature reaches 165°F (check by inserting thermometer halfway into thickest part of thigh).

Oven — Preheat oven to 350°F with rack in center. Place thigh(s) with skin side up on rimmed baking sheet; cook 15-20 minutes or until internal temperature reaches 165°F (check by inserting thermometer halfway into thickest part of thigh). **Option:** Place under broiler for browning.

Chef Tips:
Line baking sheet with non-stick foil for easy cleanup.
Go to wegmans.com and try our pan searing technique.

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.
- Keep hot foods hot. Refrigerate leftovers immediately or discard.
- Cook thoroughly.
- Keep raw meat and poultry separate from other foods. Wash working surfaces (including cutting boards), utensils, and hands after touching raw meat or poultry.

Y1119

Wegmans

Food You Feel Good About®

jamaican
jerk style

Chicken Breast Cutlets

With Jamaican-Style Seasoning
and up to 2% added Cultured Sugar

BONELESS SKIN-ON

Chicken Raised without Antibiotics

KEEP REFRIGERATED
READY TO COOK
SEE COOKING INSTRUCTIONS
ON BACK OF PACKAGE

Y1119



BONELESS SKIN-ON CHICKEN BREAST CUTLETS
JAMAICAN JERK STYLE

Nutrition Facts

Varied servings per container
Serving size 4 oz (112g) raw

Amount per serving
Calories 160

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 310mg	13%
Total Carbohydrate 3g	1%
Dietary Fiber <1g	2%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 21g	

Vit. D 0mcg 0% • Calcium 18mg 0%
Iron 0.85mg 4% • Potas. 55mg 0%

*The % Daily Value (DV) tells you how much nutrient in a serving of food contributes to a diet of 2,000 calories a day is used for general nutrition.

Ingredients: Boneless Skin-On Chicken Breast, Red Onion, Contains 2% or less of each: Olive Oil, Garlic, Cultured Sugar, Shallots, Allspice, Green Onion, Thyme, Salt, Vinegar, Scotch Bonnet Chiles, Caramel Color, Safflower Oil, Black Pepper, Red Pepper Flakes, Natural Flavors, Citric Acid, Ascorbic Acid.

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HOW TO COOK

Cooking times may vary depending on your equipment.
Cook thoroughly.

Grill — Preheat grill on HIGH. Sear with skin side down 1-3 min per side. Turn over; reduce heat to MEDIUM; close lid. Cook 15-20 min turning several times or until internal temperature reaches 165°F (check by inserting thermometer halfway into thickest part of cutlet).

Oven — Preheat oven to 350°F with rack in center. Place cutlet(s) with skin side up on rimmed baking sheet; cook 20-40 minutes or until internal temperature reaches 165°F (check by inserting thermometer halfway into thickest part of cutlet).
Option: Place under broiler for browning.

Chef Tips:





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