



PERDUE FARMS

002359 - Hen Cornish Grade A

Equally suited for casual or upscale presentations, our USDA A-Grade, No Antibiotics Ever, 100% Veggie-Fed Cornish game hens add an elegance and premium offering to any menu. Create your own signature presentation with this high quality, versatile protein that has tremendous plate coverage. Frozen in individual, printed bags for easy use and inventory management. Exactly sixteen (16) whole cornish in every case making portion control effortless. Our chickens are hatched, raised and harvested in the USA with high standards of animal care on independent family farms.



Nutrition Facts

Servings per Container 7
Serving size 4OUNCES (112g)

Amount per serving
Calories 220

	% Daily Value*
Total Fat 16g	21%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 115mg	38%
Sodium 70mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 19g	
Vitamin D 0mcg	0%
Calcium 12mg	1%
Iron 1mg	6%
Potassium 260mg	6%

* 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.

* Benefits

Ingredients

INGREDIENTS: No Antibiotics Ever Cornish Hen with Giblets.

⚠ Allergens

Free From:

- crustaceans
- eggs
- fish
- milk
- peanuts
- sesame
- soy
- tree nuts
- wheat

Handling Suggestions

Keep Frozen

Serving Suggestions

No information available at this time

Prep & Cooking Suggestions

Season hen, inside and out. Roast at 350F for approximately 1 hour. Hen is done when internal temperature reaches 180F.

📋 Product Specifications

Brand	Manufacturer	Product Category
PERDUE FARMS	PERDUE FARMS INC.	Chicken

MFG #	SPC #	GTIN	Pack	Pack Desc.
90825	002359	90072745908258	16	16 / cs

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
30lb	28lb	Yes	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
19.44in	12.94in	6.31in	0.92ft3	7x10	365DAYS	0°F / 10°F



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Nutrition Analysis - By Serving

Calories	220	Total Fat	16g	Sodium	70mg
Protein	19	Trans Fats	0g	Calcium	12mg
Total Carbohydrates...	0g	Saturated Fat	4.5g	Iron	1mg
Sugars	0g	Added Sugars	0g	Potassium	260mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	115mg		
Vitamin A(IU)•		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

Additional Images

