



## CRUNCHY RUFFLED CHICKEN BREAST FILLETS (UNCOOKED)

Product Code: 11443

Description: A tender chicken breast fillet breaded with a crunchy trans fat free coating

Ingredients: Chicken breast fillets, Water, Wheat flour, Whole grain wheat flour, Canola oil, Toasted wheat crumbs, Modified corn starch, Salt, Spices, Sugar, Baking powder, Spice extracts, Garlic powder, Natural flavour. **May Contain** Eggs, Soy.

Allergens: Wheat. May contain: Eggs, Soy

### **Features & Benefits**

- Source of omega-3 polyunsaturates
- Par-Fried
- Sized for consistent size and plate presentation
- Low in saturated fats
- Trans fat free
- Protein 14%

### **Interior Packaging**

UPC

Unit Size (kg)            2

Pieces per Pkg            2

Case Dimensions  
(l x w x h cm)            37.2 x 27.9 x 11.1

### **Exterior Packaging**

Case Weight (kg)            4

Cases per Pallet  
(tie x high)            10 x 10 = 100

Case Cube (m<sup>3</sup>)            0.01151

SCC            10069299114437

### **Usage & Preparation**

Serve as a lunch or dinner entrée with vegetables and salad. Can also be served as a snack with your favourite dipping sauce. Deep Fryer: Preheat to 360 F (182 C). Deep fry for 4-5 minutes. Conventional Oven: Bake in a preheated 425 F (220 C) oven for 18-20 minutes, turning once.

### **Shelf life and Storage**

365 days Keep frozen. 2 - 2kg sealed poly bags in corrugated carton. Production date ink jet printed on each bag for quality assurance.

**Production Location:** London



## CRUNCHY RUFFLED CHICKEN BREAST FILLETS

Product code: 11443

### Nutritional Information/Label

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per 100 g par 100 g	
<b>Calories 210</b>	<b>% Daily Value*</b> <b>% valeur quotidienne*</b>
<b>Fat / Lipides 9 g</b>	12 %
Saturated / saturés 1 g	
+ Trans / trans 0 g	5 %
<b>Carbohydrate / Glucides 19 g</b>	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 1 g	1 %
<b>Protein / Protéines 14 g</b>	
<b>Cholesterol / Cholestérol 30 mg</b>	
<b>Sodium 550 mg</b>	24 %
Potassium 200 mg	4 %
Calcium 10 mg	1 %
Iron / Fer 1.25 mg	7 %

\*5% or less is a **little**, 15% or more is a **lot**  
\*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**



### Disclaimer

Every effort is taken to ensure that the packaging, ingredients, nutritional and other information listed here is accurate, however, data, may change from time to time. Please always check the product's case/label for the most current information.