

Tender flattened chicken breast fillet breaded with a crunchy seasoned coating.



Key Product Features

- Versatile
- Quick cooking time
- Hand cut tender

Key Product Benefits

- Oven baked or deep fried
- Fast service
- Consistent size and plate presentation

Menu Suggestions

Serve as a mini sandwich or two for lunch or dinner with a side of soup, vegetables or salad. Ideal for a kid's menu item or portable hand-held snack, serve in sesame seed bun with their favourite condiments.

Cooking Instructions

Cook from frozen. **Deep Fryer:** Deep fry at 360°F (182°C) for 4.5 - 5.5 minutes. **Oven:** Bake in a 425°F (220°C) oven for 20 - 22 minutes, turning once. Cook to an internal temperature of 165°F (74°C).

Nutritional Information

Per 100 g	
Amount	
Calories	216.0
Fat	11.8 g
Saturated	1.1 g
+trans	0.15 g
Polyunsaturates	n/a g
Omega-6	2.5 g
Omega-3	1.0 g
Cholesterol	28.4 mg
Sodium	356.0 mg
Carbohydrate	13.0 g
Dietary Fibre	0.9 g
Sugars	4.3 g
Protein	14.4 g
Vitamin A	0.0 RE
Vitamin C	0.0 mg
Calcium	9.7 mg
Iron	0.76 mg

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Ingredient Listing

Chicken breast, water, salt, garlic powder, spices in a breading of: wheat flour, water, toasted wheat crumb, corn starch, modified corn starch, yellow corn flour, salt, sugar, spices, onion powder, sodium aluminum phosphate, sodium bicarbonate, autolyzed yeast extract, flavour. Browned in canola oil. (May contain traces of soy.)

Allergen Listing

Wheat; Soy

Health Benefits

0 trans fat
 Low in saturated fat
 Source of omega-3 polyunsaturates
 Source of iron

Specifications

SCC: 100 69299 11424 6
Case Pack Size 2 x 2 kg = 4 kg
Average Pc Weight 96 g / 3.4 oz
Average Piece Count 42

Case (cm) 37.3 x 27.8 x 11.1
Case Cube (cm) 11,510
Pallet Ti / Hi 10 x 9



build your menu with confidence