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# Gluten Free Breaded Chicken Garlic Kiev

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## PRODUCT DESCRIPTION

Chicken breast fillet, filled with garlic butter and coated in crispy golden breadcrumbs.

Brand	Rosie & Jim
Manufacturer Product Code	H302
Product Type	Food
Product Category	Other Meat Products
Storage Type	Frozen
Erudus ID	24f2ea77b0ba42188a301ab49febf4e7
Specification Type	Meat
Outer Case GTIN	05391312002352



## INGREDIENTS

### Ingredient Declaration

Chicken Breast Fillet (68%), Water, Rapeseed Oil, Rice Flour, Yellow Pea Flour, Maize Starch, Salt, Dextrose, Garlic Pallet (Garlic Butter (MILK) (7%), Garlic Puree, Parsley, Lemon Juice (Preservative (Potassium Metabisulphite))), Potato Starch, Rice Starch, Potato Protein, Citrus Fibre, Emulsifier: Xanthan Gum.

### Ingredient Statements

For ALLERGENS see ingredients in CAPITALS.

## ALLERGENS

Product Contains:

Celery/Celeriac	No
Cereals Containing Gluten	No
Barley	No
Oats	No
Rye	No
Wheat (including Spelt and Khorasan)	No
Crustacea	No
Eggs	No
Fish	No
Lupin	No
Milk	Yes
Molluscs	No

Mustard	No
Nuts (Tree)	No
Almond nuts	No
Brazil nuts	No
Cashew nuts	No
Hazelnuts	No
Macadamia (Queensland) nuts	No
Pecan nuts	No
Pistachio nuts	No
Walnuts	No
Peanuts	No
Sesame Seeds	No
Soybeans	No
Sulphur Dioxide and Sulphites	Yes

### Additional Allergen Information

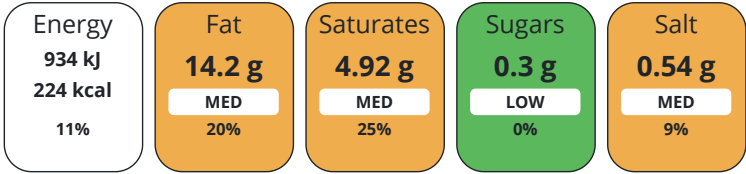
This product is gluten free (<20ppm gluten) and is suitable for coeliacs. This product also contains Potassium Metabisulphite (Less than 10ppm).

## DIET SUITABILITY

Halal Diet	No
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Kosher Diet	No
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Each 100g/ml portion contains:



of your reference intake.

Typical values per 100g/ml : Energy 224kcal / 934kJ

Nutrient	per 100g	RI per 100g	per 180g serving	RI per 180g serving
Energy (kJ)	934 kJ	11%	1681.2	20%
Energy (kcal)	224 kcal	11%	403.2	20%
Fat	14.2 g	20%	25.56 g	37%
of which Saturates	4.92 g	25%	8.86 g	44%
Carbohydrate	7.2 g	3%	12.96 g	5%
of which Sugars	0.3 g	0%	0.54 g	1%
Protein	17.3 g	35%	31.14 g	62%
Salt	0.54 g	9%	0.97 g	16%

Serving Size180 g

Directions For Use

This product is RAW chicken and must be cooked thoroughly - ensure product is piping hot before serving. Oven Bake from frozen. Pre-heat oven to 190°C/375°F/Gas mark 5 (fan assisted oven heat to 180°C). Spread product evenly on a middle tray of the pre-heated oven. Bake product for 25-30 minutes. If defrosting, defrost thoroughly in fridge, and subtract 10 minutes from the specified cooking time. Important: appliances may vary, therefore these cooking times should be taken as guidelines only.

Storage Instructions

Store at -18 °C or below. Once defrosted, do not refreeze.

Product Country of Origin	Ireland
Additional Origin Details	Product produced in Ireland using chicken rear on EU farms (The Netherlands, Poland, Denmark, Germany).
Origin of the Primary Ingredient	

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Rosie & Jim  
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