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Gluten Free Breaded Chicken Garlic Kiev

Gluten Free Breaded Chicken Garlic Kiev

PRODUCT DESCRIPTION

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

Manufacturer Product Code	H302
Product Type	Food
Product Category	Other Meat Products
Storage Type	Frozen
Erudus ID	24f2ea77b0ba42188a301ab49febf4e7
Specification Type	Meat

Outer Case GTIN05391312002352



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

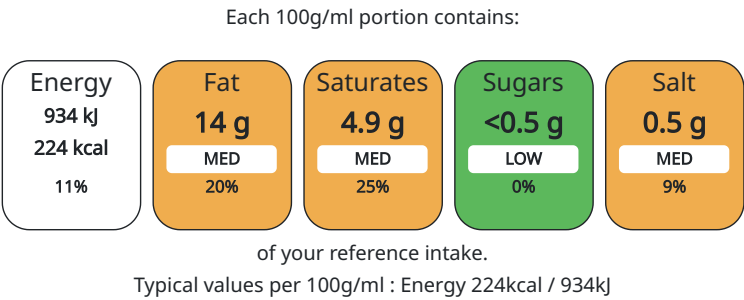
<i>Product Contains:</i>			
Celery/Celeriac	No	Mustard	No
Cereals Containing Gluten	No	Nuts (Tree)	No
Barley	No	Almond nuts	No
Oats	No	Brazil nuts	No
Rye	No	Cashew nuts	No
Wheat (including Spelt and Khorasan)	No	Hazelnuts	No
Crustacea	No	Macadamia (Queensland) nuts	No
Eggs	No	Pecan nuts	No
Fish	No	Pistachio nuts	No
Lupin	No	Walnuts	No
Milk	Yes	Peanuts	No
Molluscs	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	Kosher Diet	No
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NUTRITIONAL
INFORMATION AS
SOLD



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 Size	180 g			

HANDLING &
STORAGE
INFORMATION

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.

ORIGIN

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

CONTACT
INFORMATION

Origin of the Primary Ingredient	
Address	
Rosie & Jim Unit B, Muirfield Industrial Estate Muirfield Drive, Naas Road D12 FF20 Dublin 12 Dublin Ireland	
demet@rosieandjim.ie 353 1 4605900	

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