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Gluten Free Breaded Chicken Schnitzel 125g (6 units x 3 bags)

Gluten Free Breaded Chicken Schnitzel

PRODUCT DESCRIPTION

Portioned schnitzel shaped breast fillet, coated in a lightly seasoned crispy breadcrumb.

Brand	Rosie & Jim
Manufacturer Product Code	H802
Effective Date	Dec 3, 2024
Product Type	Food
Product Category	Other Meat Products
Storage Type	Frozen
Erudus ID	3a372761cc8e45c3b54237dada0095b2
Specification Type	Meat
Inner Component GTIN	5391312000358
Outer Case GTIN	05391312000358

INGREDIENTS

Ingredient Declaration

Chicken Breast Fillet (60%), Chicken Breast Fillet (60%), Water, Rapeseed Oil, Rice Flour, Yellow Pea Flour, Maize Starch, Salt, Dextrose, Potato Starch, Rice Starch, Citrus Fibre, Emulsifier: Xanthan Gum, Potato Protein, Dried Vegetables (Onion Powder, Garlic Powder), Sugar, Dried Herbs and Spices (Black Pepper, White Pepper, Parsley), Acidity Regulator: Sodium Carbonates.

ALLERGENS

Product Contains:			
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	No	Peanuts	No
Molluscs	No	Sesame Seeds	No
		Soybeans	No
		Sulphur Dioxide and Sulphites	No

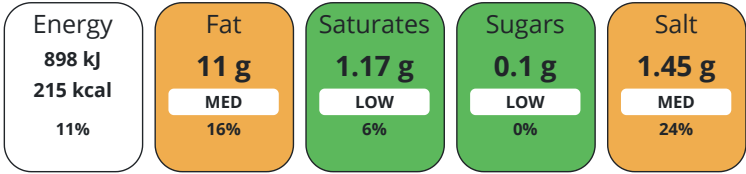
Additional Allergen Information

This product is gluten free (<20ppm gluten) and is suitable for coeliacs.

DIET SUITABILITY

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



of your reference intake.

Typical values per 100g/ml : Energy 215kcal / 898kJ

Nutrient	per 100g	RI per 100g	per 125g serving	RI per 125g serving
Energy (kJ)	898 kJ	11%	1122.5	13%
Energy (kcal)	215 kcal	11%	268.75	13%
Fat	11 g	16%	13.75 g	20%
of which Saturates	1.17 g	6%	1.46 g	7%
Carbohydrate	14.12 g	5%	17.65 g	7%
of which Sugars	0.1 g	0%	0.13 g	0%
Protein	14.8 g	30%	18.5 g	37%
Salt	1.45 g	24%	1.81 g	30%

Serving Size125 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 30-35 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	

Address
Rosie & Jim
Unit B, Muirfield Industrial Estate
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Dublin 12
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D12 FF20
Ireland

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