



## 205972C Cooked Half Roast Chickens 397-470g (Forre



Pack Size: 1 X 20

**Details:** Frozen, roast cooked bone in and skin on chicken half.

### Allergen Information

**Free from:**

Cereal, Celery, Sesame, Crustaceans, Eggs, Fish, Gluten, Lupin, Milk, Molluscs, Mustard, Nuts, Peanuts, Sulphur Dioxide, Soya

**Suitable for:**

Coeliacs

### Handling Information

**Directions For Use:**

This product is fully cooked and can be eaten hot or cold.

Re-heating Guidelines from Frozen:

Oven: Remove from packaging. Place on a baking tray in the middle of a pre-heated (fan assisted) oven 180°C, Gas mark 4, for approximately 30-35 minutes.

**Storage Instructions:**

Store at -18 deg C or below

Keep frozen do not re-freeze once thawed

Allow to thaw in a refrigerator for approximately 9 hours.

If thawed store at max 4°C.

### Product Ingredients

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Chicken (98%), Salt, Brown Sugar, Dextrose, Stabiliser (E451)

### Nutritional Information

**Typical Values per 100g/ml:**

Based on a reference intake of an average adult (8400kJ/2000kCal) diet

**Energy:**

187 kcal / 782 kJ

**Fat:**

10 g

**of which saturates:**

2.4 g

**Carbohydrates:**

0.3 g

**of which sugars:**

0.3 g

**Fibre:**

0.5 g

**Protein:**

23.9 g

**Salt:**

0.5 g



All product information is correct at time of upload. Information may change so please check the packaging before use.

If allergen information is not presented here, please obtain it from the product packaging or speak with our QA Department.