



## 206493C Southern Fried Chicken Fillets (Meadow Val



Pack Size: 4 X 960G

**Details:** Chicken breast fillets, fully cooked coated in a crunchy Southern Fried coating and individually quick frozen.  
8 fillets per bag.

### Allergen Information

**Contains:**

Cereal, Celery, Gluten

**Free from:**

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

**Suitable for:**

Halal

### Handling Information

**Directions For Use:**

From Frozen:

Oven Bake: Pre-heat oven to 220°C / 425°F / Gas Mark 7. Place chicken fillets on a baking tray in the centre of the oven and bake for 20-25 minutes.

Deep Fry: Pre-heat oil to 180°C. Gently lower and fully immerse the chicken fillets

**Storage Instructions:**

Keep Frozen -18°C

### Product Ingredients

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Chicken Breast (68%), Water, **WHEAT** Flour, Breadcrumbs (**WHEAT** Flour, Salt, Yeast), Modified Tapioca Starch, Native Maize Starch, Salt, Spices (Pepper, **CELERY**, Chilli), **WHEAT** Gluten, Raising Agents (Sodium Bicarbonate, Sodium Diphosphate), Spice Extracts (Pepper, **CELERY**, Paprika), Emulsifier

### 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:**

8.7 g

**of which saturates:**

3.63 g

**Carbohydrates:**

11 g

**of which sugars:**

0.3 g

**Fibre:**

No Data

**Protein:**

17 g

**Salt:**

0.93 g



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.