



## 206709C Panko Breaded Chicken Fillet (Carisma)



**Pack Size:** 5 X 2.16KG

**Details:** Fully cooked chicken breast fillets in a crunchy golden panko breadcrumb. The perfect product for using in a Katsu curry.  
Each fillet is approx 95g-105g each.

### Allergen Information

**Contains:**

Cereal, Gluten

**Free from:**

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

**Suitable for:**

Halal

### Handling Information

**Directions For Use:**

From frozen:

Oven heat: Place product on a baking tray in a pre-heated oven at 200°C / gas mark 6 for approximately 22- 24 minutes. Turn halfway through cooking.

Deep fry: fry in hot oil at 180°C for approximately 4-5 minutes. Drain well before

**Storage Instructions:**

Frozen: Keep at -18°C

### Product Ingredients

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Chicken Breast (58%), **WHEAT** Flour, Water, Palm Oil, Salt, **WHEAT** Gluten, Cornflour, Modified Corn Starch, Yeast, Dextrose, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate, Monocalcium Phosphate), Thickener (Guar Gum), White Pepper, Onion Powder, Garlic Powder

### Nutritional Information

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

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

**Energy:**

215 kcal / 899 kJ

**Fat:**

10.1 g

**of which saturates:**

4.6 g

**Carbohydrates:**

14.1 g

**of which sugars:**

0.3 g

**Fibre:**

0.9 g

**Protein:**

16.4 g

**Salt:**

0.57 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.