

Nutritional information

Average nutritional information	100g (1 portion)	% IR*
Energetic value	966kj/230kcal	11%
Fat	8,2g	12%
Saturated fat	1,1g	5%
Carbohydrates	20g	8%
Sugar carbohydrates	0g	0%
Protein	14g	28%
Salt	1,2g	20%

*Reference intake of an average adult (8400 kj / 2000 kcal)

Characteristics

Unit weight: 30-35g

Measures: 8,5 x 3,5 x 2cm aprox.

Bag: 1kg

Box: 5 bags x 1kg

Pallet: 112

Conservation: -18°C

Allergens

Gluten

Traces

Cellery, Soy and Mustard

Preparation:

Fryer: 3-4 min 170°C

Oven: 13-15 min 200°C



*Information referred to weight, measures and preparation is approximate.