

Chicken breast meat fillet breaded with cornflakes cereals.

## Nutritional Information

Average nutritional information	100g (1 portion)	% IR*
Energetic value	861kj/205kcal	10,25%
Fat	8,8g	12,5%
Saturated fat	0,7g	3,5%
Carbohydrates	20g	7,6%
Sugar carbohydrates	0,7g	0,7%
Protein	11g	22%
Salt	1,7g	28,8%

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

## Characteristics

Unit weight: 75g

Measures: -

Bag: 2,5 Kg

Box: 2 x 2,5 Kg

Pallet: 112

Conservation: -18°C

## Allergens

Gluten

## Traces

Eggs, Milk, Celery, Sesame, Soy and Mustard

## Preparation:

Fryer: 2-4 min 170°C

Oven: 12-14 min 200°C



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