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Gluten Free Breaded Chicken Fillet Southern Fried 100g (2 x 1Kg e)

Gluten Free Breaded Chicken Fillet Southern Fried 2x

PRODUCT DESCRIPTION

Portioned breast fillet, coated in crispy golden southern fried seasoned breadcrumbs.

Brand	Rosie & Jim
Manufacturer Product Code	H200
Product Type	Food
Product Category	Meat and Meat Products
Storage Type	Frozen
Erudus ID	a17186e821184edaa8c4def2a71d16ab
Specification Type	Legacy
Inner Component GTIN	5391312001096
Outer Case GTIN	05391312001096

INGREDIENTS

Ingredient Declaration

Chicken Breast Fillet (68%), Water, Rapeseed Oil, Rice Flour, Gram Flour, Potato Starch, Rice Starch, Salt, Maize Starch, Emulsifier (Xanthan Gum), Dextrose, Potato Protein, Acidity Regulator (Sodium Carbonates).

ALLERGENS

Product Contains:

Celery/Celery	No	Mustard	No
Cereals Containing Gluten	No	Nuts (Tree)	No
Barley	No	Almond nuts	No
Oats	No	Brazil nuts	No
Rye	No	Cashew nuts	No
Wheat (including Spelt and Khorasan)	No	Hazelnuts	No
Gluten content <20ppm	Yes	Macadamia (Queensland) nuts	No
Crustacea	No	Pecan nuts	No
Eggs	No	Pistachio nuts	No
Fish	No	Walnuts	No
Lupin	No	Peanuts	No
Milk	No	Sesame Seeds	No
Molluscs	No	Soybeans	No
		Sulphur Dioxide and Sulphites	No

Additional Allergen Information

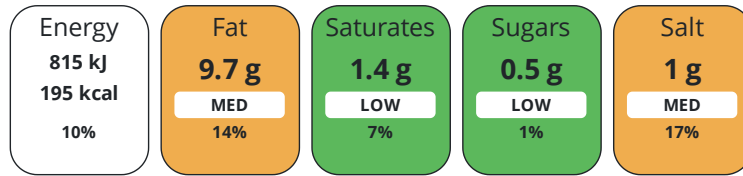
This product is gluten free (<20ppm gluten) and is suitable for coeliacs.

DIET SUITABILITY

Suitable for Coeliacs	Yes	Halal Diet	No
Kosher Diet	No	Vegetarian Diet	No
Vegan Diet	No		

NUTRITIONAL
INFORMATION

Each 100g/ml portion contains:



of your reference intake.

Typical values per 100g/ml : Energy 195kcal / 815kJ

Nutrient	per 100g/ml	RI per 100g/ml
Energy (kJ)	815 kJ	10%
Energy (kcal)	195 kcal	10%
Fat	9.7 g	14%
of which Saturates	1.4 g	7%
Carbohydrate	8.1 g	3%
of which Sugars	0.5 g	1%
Protein	18 g	36%
Salt	1 g	17%

HANDLING &
STORAGE
INFORMATION

Directions For Use

Oven Bake for best results. Pre-heat oven to 190°C/375°F/Gas Mark 5 (Fan assisted oven heat to 180°C. Bake for 35-40 minutes. If defrosting, defrost thoroughly in fridge, and subtract 10 minutes from cooking time. This product contains raw meat and must be fully cooked.

Storage Instructions

Keep Frozen, Min -18 °C.

ORIGIN

Product Country of Origin/Place of Ireland

Provenance

Additional Origin Details

Product produced in Ireland using chicken rear on EU farms (The Netherlands, Poland, Denmark, Germany).

Address

Rosie & Jim
Unit B, Muirfield Industrial Estate
Muirfield Drive, Naas Road
Dublin 12
Dublin
D12 FF20
Ireland

P: (Phone) 353 1 4605900

CONTACT
INFORMATION

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