

3417115: Century Quesadilla Griller 2kg- Uncooked, Boneless, Skinless, Seasoned, Stuffed Chicken Breast



Nutrition Facts	
Valeur nutritive	
Serving Size 1 piece / Portion 1 piece	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 170	
Fat / Lipides 5 g	8 %
Saturated / saturés 2.5 g + Trans / trans 0.1 g	13 %
Cholesterol / Cholestérol 70 mg	23 %
Sodium / Sodium 610 mg	25 %
Carbohydrate / Glucides 3 g	1 %
Fibre / Fibres 1 g	4 %
Sugars / Sucres 1 g	
Protein / Protéines 25 g	
Vitamin A / Vitamine A	2 %
Vitamin C / Vitamine C	15 %
Calcium / Calcium	8 %
Iron / Fer	6 %

Nutrition Facts	
Valeur nutritive	
Serving Size (100 g) / Portion (100 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 100	
Fat / Lipides 3.5 g	5 %
Saturated / saturés 1.5 g + Trans / trans 0.1 g	8 %
Cholesterol / Cholestérol 45 mg	15 %
Sodium / Sodium 380 mg	16 %
Carbohydrate / Glucides 2 g	1 %
Fibre / Fibres 1 g	4 %
Sugars / Sucres 1 g	
Protein / Protéines 15 g	
Vitamin A / Vitamine A	2 %
Vitamin C / Vitamine C	10 %
Calcium / Calcium	4 %
Iron / Fer	4 %

INGREDIENTS: Chicken, water, soy protein concentrate, salt. **FILLING:** Mozzarella and Cheddar Cheeses (milk), tomato sauce [water, tomatoes, tomato paste, salt, spices, citric acid, garlic], grilled onions, red pepper, green pepper, jalapeño peppers, spices. **GLAZE:** water, corn maltodextrin, tomato powder, salt, soy protein concentrate, granulated garlic, granulated onion, spices, flavour, citric acid, modified corn starch, xanthan gum.

COOKING INSTRUCTIONS:

Grill: Preheat Grill to medium heat. Lightly cover grill with vegetable oil and cook stuffed chicken griller covered for 20 minutes, flip and continue cooking covered for another 12 - 18 minutes or until an internal temperature of 165°F (74°C) is reached.

Conventional Oven: Preheat oven to 375°F (190°C). Place stuffed chicken griller on baking sheet lined with aluminum foil and bake for 30 to 35 minutes or until an internal temperature of 165°F (74°C) is reached.