



JD·SWEID
FOODS
since 1917

4327111 Century Breaded Flax Fillet 4kg



Nutrition Facts	
Valeur nutritive	
Serving Size (100g) / Portion (100g)	
Amount	% Daily value
Teneur	% valeur quotidienne
Calories / Calories 200	
Fat / Lipides 12g	18%
Saturated / saturés 1g	6%
+ Trans / trans 0.2g	
Omega-3 / oméga-3 2g	
Cholesterol / Cholestérol 20mg	7%
Sodium / Sodium 440mg	18%
Carbohydrate / Glucides 14g	5%
Fibre / Fibres 2g	8%
Sugar / Sucres 3g	
Protein / Protéines 15g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	4%
Iron / Fer	8%

INGREDIENTS: CHICKEN, WATER, SOY PROTEIN CONCENTRATE, SALT. IN A BATTER AND BREADING OF: WHEAT FLOUR, TOASTED WHEAT CRUMBS, WATER, CORN/SOYA FLOUR, FLAX MEAL, POTATO STARCH, MODIFIED CORNSTARCH, MODIFIED POTATO STARCH, SOY PROTEIN ISOLATE, FLAXSEED, POWDERED EGG WHITE (BAKERS YEAST, CITRIC ACID), SPICES (CONTAINS MUSTARD), WHEAT GLUTEN, SALT, HIGH OLEIC SUNFLOWER OIL, MODIFIED CELLULOSE, SODIUM BICARBONATE, BAKING POWDER, FLAVOUR, SODIUM ACID PYROPHOSPHATE, GUAR GUM, XANTHAN GUM, SOY LECITHIN, CALCIUM SILICATE. BROWNED IN CANOLA OIL.

COOKING INSTRUCTIONS: COOK FROM FROZEN. DEEP FRY AT 365F FOR 3-4 MINUTES, OVEN BAKE AT 425F FOR APPROXIMATELY 18-20 MINUTES, TURNING OVER HALFWAY THROUGH. PRODUCT MUST REACH AN INTERNAL TEMPERATURE OF 165F (74C).