



JD·SWEID
FOODS
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6237100 : Century Breaded Chicken Drumsticks 4kg



Nutrition Facts:

Per 1 piece pour 1 morceau	drumstick pilon	(80 g)
	Amount	% DV*
	Teneur	% VQ*
Calories / Calories	160	
Fat / Lipides	9 g	14 %
Saturated / saturés	1.5 g	10 %
+ Trans / trans	0.2 g	
Cholesterol / Cholestérol	50 mg	17 %
Sodium / Sodium	520 mg	21 %
Carbohydrate / Glucides	7 g	2 %
Fibre / Fibres	0 g	0 %
Sugar / Sucres	0 g	
Protein / Protéines	13 g	
Vitamin A / Vitamine A		2 %
Vitamin C / Vitamine C		0 %
Calcium / Calcium		2 %
Iron / Fer		6 %

*DV - Daily Value / VQ - valeur quotidienne

INGREDIENTS: CHICKEN DRUMSTICK, WATER, SALT, SODIUM PHOSPHATE. BATTER AND BREADED WITH WATER, WHEAT FLOUR, SALT, GARLIC POWDER, HYDROGENATED SOYBEAN OIL, DEXTROSE, SPICE, FLAVOUR, CALCIUM SILICATE, MODIFIED CORN STARCH, SODIUM BICARBONATE, POWDERED EGG ALBUMIN (YEAST), ONION POWDER. BROWNED IN VEGETABLE OIL. MAY CONTAIN MILK, SOYA AND OR SULPHITES.

Cooking Instructions

Deep Fryer: Preheat fryer to 350F. Fry for 11 minutes. Ensure that the internal temperatures reach 165F (74C)

Oven: Preheat oven to 375F. On a baking sheet, bake for approximately 20-25mins from frozen. Do not flip pieces during cooking. Ensure that the internal temperatures reach 165F (74C).