



JD·SWEID
FOODS
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6367110 Century Fully Cooked Breaded Chicken Pieces 4kg



Nutrition Facts
Valeur nutritive

Per 1/2 piece (100 g) / pour 1/2 morceau (100 g)

Amount	% Daily value
Teneur	% valeur quotidienne
Calories / Calories 210	
Fat / Lipides 12 g	18 %
Saturated / saturés 2 g	12 %
+ Trans / trans 0.2 g	
Cholesterol / Cholestérol 60 mg	20 %
Sodium / Sodium 620 mg	26 %
Carbohydrate / Glucides 7 g	2 %
Fibre / Fibres 0 g	0 %
Sugar / Sucres 1 g	
Protein / Protéines 19 g	
Vitamin A / Vitamine A	2 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	6 %

INGREDIENTS: CUT-UP WHOLE CHICKEN PIECES [WING, DRUMSTICK, BACK ATTACHED THIGH (may contain kidneys), BREAST WITH RIB ATTACHED, KEEL BREAST], WATER, SALT, SODIUM PHOSPHATE. BATTER AND BREADED WITH: ENRICHED WHEAT FLOUR, WATER, CANOLA OIL, SALT, GARLIC POWDER, SPICE, DEXTROSE, NATURAL FLAVOUR, MODIFIED CORN STARCH, SODIUM BICARBONATE, WHEAT GLUTEN, ONION POWDER. MAY CONTAIN MILK, EGG, SOYA AND/OR SULPHITES. ALLERGEN: GLUTEN (WHEAT)

COOKING INSTRUCTIONS: COOK FROM FROZEN
Preheat oven to 375°F (190°C). Cook skin side up for 20-25 minutes. Do not flip product. Deep fry in oil at 350°F (175°C) for ~13 minutes for rib and thigh, and ~11 minutes for wing, keel and drum. Product must reach an internal temperature of 165°F (74°C)