



Pick the Tick

# Breast Schnitzel

No artificial colours ✓

No artificial flavours ✓

No preservatives ✓

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# Breast Schnitzel

Inghams natural whole muscle Chicken Schnitzel is a great, quick to prepare flavoursome ingredient in a diverse range of menu items. Add it to salad, use it to layer a chicken lasagne, or serve it on a bed of polenta for attractive and eye-catching meals your customers will love.

## Product description

<b>Carton weight</b>	<b>4 kg</b>
<b>Inner bag/box weight</b>	<b>1 kg</b>
<b>Minimum meat content</b>	<b>62%</b>

## Nutritional information

Servings per pack approx. 10 • Avg. Serving size: 100g

		per serve	per 100g
<b>Energy</b>		752kJ	752kJ
<b>Protein</b>		16.4g	16.4g
<b>Fat</b>	total	7.7g	7.7g
	saturated	1.5g	1.5g
<b>Carbohydrate</b>	total	11.1g	11.1g
	sugars	1.4g	1.4g
<b>Sodium</b>		260mg	260mg

All values specified above are averages. All nutritional values will vary. Nutritional values should only be used as a general guide.



## Ingredients

**Contains gluten (wheat), milk and soy as indicated in bold.**

Chicken (62%), water, flour (**wheat**, rice), starch (**wheat**), yeast, **wheat gluten**, salt, sugar, improver (**wheat**), acidity regulator (263), vegetable gums (418, 412), colours (100, 160c), vegetable oil (**soya**), spray dried fat powder (**soy, milk**), raising agents (500, 450), spice, spice extract, **wheat bran**, dried glucose syrup (**wheat**), dehydrated vegetables, natural flavour (**soy**), hydrolysed vegetable protein, yeast extract, mineral salt (451).

**No artificial colours, flavours, or preservatives.**



## Cooking instructions

Remove product from pack. Cook from frozen.

As appliances can vary, cooking times and temperatures may need to be adjusted accordingly.

**Shallow fry:** Preheat a small amount of oil\* to 180°C and cook for approx 8-10 minutes, turning frequently.

**Oven bake:** Preheat oven to 200°C and cook for approx 15-20 minutes, turning once.

\* Canola oil recommended.

## Storage instructions

Keep frozen. Store at or below minus 18°C.

Once thawed do not refreeze.

## Shelf life

12 months from date of production.

Product Code	Product Description	Approx Portion Weight Range	Approx Portion/kg	Number/ Carton	Net Weight	Carton/ Layer	Layers/ Pallet	Cartons/ Pallet
20842	FZN CKN SCHNITZEL 1KG x 4	98-107g	10	4 x 1kg	4kg	12	7	84

Due to the nature of the raw material used, the portion weights are only an approximation and should be used as a guide only.

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This brochure was correct at the time of printing. Information in this brochure is subject to change without notice. All specified values are averages.