



# Chicken Filla Ham & Cheese





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Inghams new Ham & Cheese Chicken Fillas are the ideal meal on the go. Two tasty, tender chicken patties filled with delicious ham and cheese, and then encased in a golden crumb. These delicious Fillas will have your customers coming back for more.

## Product description

<b>Carton weight</b>	<b>10 kg</b>
<b>Inner bag/box weight</b>	<b>1 kg</b>
<b>Minimum meat content</b>	<b>53 %</b>

## Nutritional information

Servings per pack approx. 7 • Avg. Serving size: 140g

		per serve	per 100g
<b>Energy</b>		1288kJ	920kJ
<b>Protein</b>		19.2g	13.7g
<b>Fat</b>	total	18.3g	13.1g
	saturated	11.2g	8.0g
<b>Carbohydrate</b>	total	16.5g	11.8g
	sugars	<1.0g	<1.0g
<b>Sodium</b>		860mg	614mg

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

## Ingredients

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

Chicken (53%), **cheese** (9%) [(**milk, rennet**, culture, water, **milk solids**, emulsifiers (450, 452) salt, preservative (200)], ham (7%) [pork, water, **soy protein**, acidity regulator (325), dextrose, sugar, thickener (1442), maltodextrin, stabiliser (407, 450, 451), flavouring, antioxidant (316), sodium nitrite, smoke flavouring, colour (120)], **wheat flour, wheat bran**, salt, **wheat gluten**, sugar, **wheat starch**, modified starch (1404), vegetable oil (**soya**), dried glucose (maize), thickener (412), dehydrated vegetables (onion), raising agent (541, 500), spices & spice extracts, yeast, anti-caking agent (551), flavours (**soy**, nature identical), hydrolysed vegetable protein (maize, **soy, wheat**), yeast extract, vitamin (thiamine), colours (102,110).



## Cooking instructions

Remove product from pack. Cook from frozen.

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

**Oven bake:** Preheat oven to 200°C cook Chicken Filla for approx 20-25 minutes, turning once.

**Deep fry:** Preheat oil to 180°C cook Chicken Filla for approx 8-10 minutes, turning once.

**Shallow fry:** Preheat 1.5cm deep oil to 180°C cook Chicken Filla for approx 10 minutes, turning frequently.

## 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
20676	FZN KKN FILLA HAM & CHEESE	135-145g	7	10 x 1kg	10kg	8	4	32

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.