



Cordon Bleu



No artificial colours ✓

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Cordon Bleu

Thanks to Inghams, you can prepare Chicken Cordon Bleu quickly and easily. Let your customers enjoy the flavour and aroma of quality Inghams natural whole muscle, skinless chicken breasts with the first wing joint attached, lightly crumbed and filled with delicious ham and cheese in the Cordon Bleu tradition. Attractive to present – easy to prepare.

Product description

Carton weight	3.5 kg
Inner bag/box weight	1 kg
Minimum meat content	57%

Nutritional information

Servings per pack approx. 20 • Avg. Serving size: 175g

		per serve	per 100g
Energy		1444kJ	825kJ
Protein		27.5g	15.7g
Fat	total	16.5g	9.4g
	saturated	4.7g	2.7g
Carbohydrate	total	21.9g	12.5g
	sugars	3.7g	2.1g
Sodium		875mg	500mg

All values specified above are averages and will vary. Nutritional values should only be used as a general guide. Nutritional information is based on edible portions only. This product is natural chicken meat and contains a bone.

Ingredients

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

Chicken (57%), water, flour (**wheat**, maize, rice), starch (**wheat**), bakers yeast, **wheat gluten**, salt, sugar, improver (**wheat**), acidity regulator (263), vegetable oil (**soya**), thickeners (412, 418) colours (100, 160c), ham (5%) [pork, water, starch, **soy protein**, salt, acidity regulators (331, 325) dextrose, sugar, thickener (1442), maltodextrin, stabilisers (407, 450, 451, 452), flavourings, antioxidant (316), sodium nitrate, colour (120), anticaking agent (551), preservative (250)], **cheese** (5%) [**milk**, rennet, culture, water, **milk solids**, emulsifiers (450, 452), salt, preservative (200)], raising agents (541, 500), spices, spice extract, hydrolysed vegetable protein (**soy**), **wheat bran**, mineral salt (451).

No artificial colours.

Product Code	Product Description	Approx Portion Weight Range	Approx Portion/kg	Number/ Carton	Net Weight	Carton/ Layer	Layers/ Pallet	Cartons/ Pallet
20844	FZN CORDON BLEU	170-190g	5	1 x 3.5kg	3.5kg	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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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 and cook for approx 40 minutes, turning once.

Deep fry: Preheat oil to 160°C and cook for approx 15 minutes.

Shallow fry: Preheat oil to 160°C and cook for approx 30 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.

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