



18/08/17

TECHNICAL SPECIFICATION

PRODUCT : **CHICKEN SWEET & SOUR 350G**

INGREDIENTS : Cooked rice 51% (water, rice, rapeseed oil, sunflower oil, salt), chicken 15% (chicken, water, starch, dextrose, salt), water, pineapple 5% (pineapple, water, sugar), sugar 4%, peppers 2%, vinegar, onions 2%, carrots 2%, pineapple concentrate, tomato concentrate, herbs, spices, modified starch, **celery** 1%, bamboo sprouts 0.4%, salt, rapeseed oil, sunflower oil, flavouring

ALLERGEN INFO: For allergens see ingredients in **bold**
Produced in a company where peanuts and other nuts are processed

WEIGHT : 350g e

PREPARATION: In microwave:
Pierce both sides of film lid and cook on full power for 3 min. in a 750 W microwave. Leave for 1 minute and carefully peel back lid by pulling tab.

In Saucepan:
Heat saucepan of boiling water. Place unopened tray in water and simmer for 15 minutes. Check food is piping hot throughout before serving. Carefully peel back lid by pulling tab.

SHELF LIFE: 12 months at room temperature without refrigeration.
Packaged in a protective atmosphere.
Consume immediately after opening.

MICROBIOLOGY : commercial sterile

NUTRITIONAL VALUES :

Nutritional values	100g	Portion (350g)	%RI/Portion
Energy	508kJ/120kcal	1778kJ/420kcal	21%
Fat	1.3g	4.6g	7%
hereof saturated	0.2g	0.5g	3%
Carbohydrates	22g	76g	29%
hereof sugar	7.6g	27g	30%
Protein	4.7g	17g	33%
Salt	0.30g	1.1g	17%