

Meadow Vale Foods Chicken Breast Cooked Portion Bone In Frozen 340-397g - Information

Fully cooked chicken breast portions with a light seasoning

TFS Product Code: 031022
Suppliers Product Code:
Information Last Updated: 29/06/2023
Date Produced: 04/04/2026



Allergy Information

Key: **Contains** **May Contain**



Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	138.00
Energy (kJ)	584.00
Protein (g)	26.50
Carb (g)	0.00
Of Which Sugars (g)	0.00
Fat (g)	3.60
Of Which Saturates (g)	1.50
Fibre (g)	0.00
Salt (g)	0.50

Dietary Information

Key: **Suitable for**



Please Note: This information has been supplied by manufacturers and other third parties to Thompsons Food Service Ltd. Whilst we take steps to ensure the information is correct and regularly updated, we give no warranty and no guarantee to the accuracy of this information. Product information and ingredients may change; please always read product labels carefully in addition to this document for accuracy. Please also consider changes to ingredients when products have been substituted.

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Ingredients

Chicken, Water, Salt, Acidity Regulator (Sodium Citrate), Seasoning (Salt, Caramelised, Sugar Powder, Paprika Extract, Modified Waxy Maize Starch). Typically Prepared from 121g of raw chicken per 100g of finished product.

Handling Information

Directions for Use

For best results cook from frozen. The following cooking instructions are guidelines only. If thawed, reduce cooking times accordingly. Ensure the product is piping hot and cooked throughout before serving. **OVEN BAKE:** Preheat the oven to 220°C/ 425°F/Gas Mark 7. Place the chicken breast on a baking tray at the centre of the oven and bake for 30-35 minutes. **DEEP FRY:** Preheat oil to 170°C/ 325°F. Gently lower and fully immerse the chicken breast into the hot oil and fry for 18-22 minutes. Drain and serve. **THAW & EAT:** Fully defrost the chicken breast in a refrigerator overnight. keep refrigerator, use within 48 hours.

Storage Instructions

Keep Frozen, -18°C or below

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