

## Perdigao Chicken Breast Fillets Cooked Frozen Steam Cooked 180g+ - Information

Fully cooked whole chicken breast fillets, individually quick frozen.

**TFS Product Code:** 028349  
**Suppliers Product Code:**  
**Information Last Updated:** 09/05/2024  
**Date Produced:** 23/06/2025



### Allergy Information

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



Sesame



Gluten



Crustaceans



Eggs



Lupin



Nuts



Milk



Celery



Sulphur Dioxide



Soya



Cereal



Peanuts



Fish



Molluscs



Mustard

### Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	109.00
Energy (kJ)	458.00
Protein (g)	22.00
Carb (g)	1.80
Of Which Sugars (g)	0.00
Fat (g)	1.50
Of Which Saturates (g)	0.50
Fibre (g)	0.00
Salt (g)	1.00

### Dietary Information

Key: **Suitable for**



Kosher



Vegetarian



Halal



Vegan

**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 Breast, Water, Corn Starch, Salt, Sugar, Stabiliser (Tetrasodium Pyrophosphate) Dextrose, Onion, Garlic. Made using 122g of raw chicken per 100g of finished product.

## Handling Information

### Directions for Use

Defrosting Guidelines: Remove the required quantity of chicken from the pack and place on a plate and cover. Place in a refrigerator and allow to defrost for 9-12 hours. Keep refrigerated after defrost and use within 24 hours. Ensure product is thoroughly defrosted before serving and do not refreeze once defrosted. Cooking instructions - Microwave: Reheat from defrost, ensuring product is thoroughly defrosted. Place in a non-metallic bowl and cover. Heat on full power (1000 Watt/ Category E) for 1 minute. Always check that the food is piping hot before serving. All appliances vary, these are guidelines only.

### Storage Instructions

Keep Frozen, below -18°C.

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