



CHICKEN CUTLET

Cooking Instructions:

Preheat the oil on high flame (180°C), (If temperature gauge is not available, sprinkle e some breadcrumbs in the hot oil, if it starts bubbling and frying immediately, the oil is hot). Once hot, immerse the frozen breaded product in the hot oil and reduce the heat to minimum Fry for 3-4 minutes till the breadcrumbs are golden brown. Remove and drain excess oil. Serve hot

Nutrition facts :

Nutritional Information	Per 100g	Per Serving	% RDA, *Per serving
Energy(Kcal)	225	225	11.25
Proteing	10.2	10.2	20.4
TotalCarbohydrateg	19.1	19.1	6.95
TotalSugars g	<0.5	<0.5	
AddedSugars g	<0.5	<0.5	
TotalFat	12	12	17.91
SaturatedFatg	3.57	3.6	16.23
PolyunsaturatedFatg	2.82	2.8	
MonounsaturatedFat	5.61	5.6	
TransFatg	0	0	0
Cholesterolg	1.17	1.2	0.39
Sodiummg	560.9	560.9	28.05

Allergen Information

Contains Soy & wheat

Ingredients Used

Filling: Chicken(37%), Onion, Isolated Soya Protein, Soya, Refined Sunflower Oil, Garlic, Iodized Salt, Ginger, Spice and Condiments, **Breadcrumbs**(Refined wheat flour, sugar, iodized salt, yeast, spices & condiments), **Batter** (thickener (INS 1420), refined wheat flour, corn flour, soy flour, iodized salt, spice & condiments), **Predust** (Thickener (INS 1403), corn flour, Refined wheat flour, Iodized Salt, Raising agent (INS 500ii)), Refined Sunflower oil, Green Chilli, Onion, Ginger, Garlic, Pepper, Spice and Condiments,

