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**PORK CHUNKS, FULLY COOKED (SEASONED, IQF)**

*Your Trusted Food Partner* 🍁



#62639

**PORK CHUNKS, FULLY COOKED  
(SEASONED, IQF)****PORK****Fully Cooked****Individually Quick Frozen IQF****Fully cooked = saves times****Highly versatile great for  
multiple applications****Thaw desired quantity, cook and  
serve****INGREDIENTS**

Pork, Water, Sugars (brown sugar),  
Salt, Natural flavour, Sodium  
phosphate, Spice extractives.

**ALLERGENS**

**Contains :**  
None

*Verified for : Nuts, peanuts, sesame seeds,  
wheat, eggs, milk, soybeans, crustaceans,  
shellfish, fish, mustard seeds, sulphite (>10  
ppm) and gluten sources (barley oat, rye,  
triticale, wheat)*

**COOKING INSTRUCTIONS**

**Combi :**  
385° F (196°C) From 2.5 to 3 minutes

**Convection :**  
385° F (196°C) From 5 to 6 minutes  
Fan medium ; 85% humidity

**Conventionnal Oven :**  
425° F (220°C) From 10 to 12 minutes

**Frying pan :**  
From 3.5 to 4 minutes  
Temperature : medium / high

**Nutrition Facts**

Per 100g

Amount Per Serving

**Calories 153**

% Daily Value\*

**Fat** 4.67 g 6%

Saturated 1.14 g 6%

+ Trans 0.02 g

**Carbohydrate** 1.39 g

Fibre 0.1 g 0%

Sugars 0 mg

**Protein** 26.23 g**Cholesterol** 74.47 mg

Sodium (333 mg) 14%

**Potassium** 200 mg 4%

Calcium 21 mg 2%

Iron 0.81 mg 5%



Product code	Dist. code	Case weight	Units per case	Unit weight	Shelf life
62639		5,00 kg	2	2,50 kg	210 days at -18°C

**olymelfoodservice.com**

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for the most recent updates.

Contact your local representative :

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