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**1/2 IN CHICKEN CUBES, FULLY COOKED (MOSTLY  
DARK MEAT)**

*Your Trusted Food Partner* 🍁



#7161300 1/2 IN CHICKEN CUBES, FULLY COOKED (MOSTLY DARK MEAT)	OLYMEL BASIC		Fully Cooked
			Individually Quick Frozen IQF

1/2"	Fully cooked	Individually quick frozen
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### INGREDIENTS

Chicken dices

### 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 to 2.5 minutes

**Convection :**  
385 °F (196 °C) From 3.5 to 4 minutes

**Conventionnal Oven :**  
425 °F (220 °C) From 7 to 8 minutes

**Smooth plate :**  
From 2.5 to 4 minutes  
Temperature: medium / high

**Frying pan :**  
From 2.5 to 4 minutes  
Temperature: medium / high

## Nutrition Facts

Per 100g

Amount Per Serving

**Calories 160**

% Daily Value\*

<b>Fat</b> 4.5 g	6%
Saturated 1 g	5%
+ Trans 0 g	
<b>Carbohydrate</b> 0 g	
Fibre 0.2 g	1%
Sugars 0 mg	
<b>Protein</b> 30 g	
<b>Cholesterol</b> 90 mg	
Sodium (55 mg)	2%
<b>Potassium</b> 250 mg	5%
Calcium 10 mg	1%
Vitamin A 29.4 µg	3%
Iron 1 mg	6%

Product code	Dist. code	Case weight	Units per case	Unit weight	Shelf life
7161300		4,00 kg	1	4,00 kg	360 days at -18 °C



**olymelfoodservice.com**

The information shown on this document is for informational purpose only and may be subject to change without prior notice. Please refer to your representative for the most recent updates.

Contact your local representative :

**HACCP**

**SQF**

**canadienne**

Olymel S.E.C  
1-800-361-5800

St-Hyacinthe  
QC  
J2S 4B6

Brampton ON  
L6T 1G1

Red Deer  
AB  
T4P 2H8