



COOKED DICED CHICKEN 3/4 DARK AND WHITE MEAT

Your Trusted Food Partner 🍁



#7161900 COOKED DICED CHICKEN 3/4 DARK AND WHITE MEAT	OLYMEL BASIC	 POULTRY	Fully Cooked
			Individually Quick Frozen IQF

Low in sodium

Mostly dark meat (80% dark,
20% white)

Fully cooked

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 5 to 6 minutes

Convection :
385° F (196° C) From 6 to 7 minutes

Conventionnal Oven :
425° F (220° C) From 13 to 14 minutes

Smooth plate :
From 2.5 to 5 minutes
Temperature: medium / high

Frying pan :
From 2.5 to 5 minutes
Temperature: medium / high

Nutrition Facts

Per 100g

Amount Per Serving

Calories 160

% Daily Value*

Fat 4.5 g 6%
Saturated 1 g 5%
+ Trans 0.1 g

Carbohydrate 0 g
Fibre 0 g 0%
Sugars 0 mg

Protein 30 g

Cholesterol 90 mg

Sodium (55 mg) 2%

Potassium 250 mg 5%

Calcium 5.5 mg 0%

Iron 1.1 mg 6%

Product code	Dist. code	Case weight	Units per case	Unit weight	Shelf life
7161900		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