





VIEW ONLINE

## MULTIGRAIN BREADED CHICKEN NUGGETS, FULLY COOKED (SEASONED)

*Your Trusted Food Partner* 🍁



<b>#8018454</b> <b>MULTIGRAIN BREADED CHICKEN NUGGETS, FULLY COOKED (SEASONED)</b>		 <b>POULTRY</b>	<b>Chopped &amp; Formed</b>
			<b>Fully Cooked</b>
			<b>Individually Quick Frozen IQF</b>

<b>Lightly coated with multigrain breading</b>	<b>Fully cooked</b>	<b>50% less fat than our regular breaded nuggets</b>
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## INGREDIENTS

Chicken breast meat, Water, Canola and/or soy oil, Salt, Whole grain wheat flour, Natural and artificial flavour, Tapioca dextrin, Toasted wheat crumbs, Grain mix (wheat, barley, oat, rye, triticale), Wheat flour, Wheat starch, Flavour, Dried egg white, Soy protein isolate, Celery seeds, Flax oil, Spices, Garlic powder, Sugars (dextrose), Spice extractives. Contains: Wheat, Soy, Egg, Barley, Oat, Rye, Triticale. May contain: Milk.



## ALLERGENS

**Contains :**  
Milk, Wheat, Soy, Eggs, Barley, Oats, Rye, Triticale

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

**Convection :**  
425° F (220° C) From 9 to 10 minutes

**Conventionnal Oven :**  
425° F (220° C) From 20 to 25 minutes

## Nutrition Facts





Per 3 nuggets

Amount Per Serving

**Calories 110**

	% Daily Value*
<b>Fat</b> 4 g	5%
Saturated 1 g	5%
+ Trans 0 g	
<b>Carbohydrate</b> 12 g	
Fibre 1 g	4%
Sugars 1 mg	
<b>Protein</b> 8 g	
<b>Cholesterol</b> 20 mg	
Sodium (250 mg)	11%
<b>Potassium</b> 100 mg	2%
Calcium 10 mg	1%
Omega 6 1	0%
Iron 0.75 mg	4%
Omega 3 0.3	0%
Monounsaturates 2.5	0%
Polyunsaturates 1	0%

Product code	Dist. code	Case weight	Units per case	Shelf life
8018454		2,00 kg	97	365 days at -18° C

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Olymel S.E.C 1-800-361-5800   
St-Hyacinthe QC J2S 4B6   
Brampton ON L6T 1G1   
Red Deer AB T4P 2H8