

BLAKEAWAY

CHICKEN POLPETTE IN TOMATO & BASIL SUGO (GF) 1KG

NUTRITION INFORMATION

SERVINGS PER PACKAGE: 4
SERVING SIZE: 250G

	Per Serving	Per 100G
Energy	988 kJ	395 kJ
Protein	20 g	8 g
Fat, Total	15 g	6 g
Saturated	5 g	2 g
Carbs	10 g	4 g
Sugars	8 g	3 g
Sodium	710 mg	284 mg



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INGREDIENTS: TOMATO (TOMATO, TOMATO JUICE, CITRIC ACID (330)) (33%); CHICKEN MINCE (26%); TOMATO SUGO (TOMATO, CITRIC ACID (330), TOMATO PASTE, ONION, SUNFLOWER OIL, OLIVE OIL, SUGAR, SALT) (19%); RICOTTA CHEESE (WHEY, PASTEURISED COWS MILK, SALT, ENZYME, FOOD ACID (260, 270), STARTER CULTURE & PRESERVATIVE (202)) (8%); CHICKEN STOCK (WATER, CHICKEN BONES, LEEK, ONION, CELERY) (6%); ONION; PARMESAN (MILK, ENZYME, LYSOZYME (EGG)); GLUTEN FREE BREAD CRUMBS (RICE FLOUR, MAIZE FLOUR, SALT, DEXTROSE (TAPIOCA, MAIZE), MINERAL SALTS (450, 500)); EGG; PARSLEY; GARLIC; BASIL (LESS THAN 1%); THYME; SALT; BLACK PEPPER

CONTAINS: EGG, MILK

MANUFACTURED IN A FACILITY THAT ALSO PROCESSES EGG, GLUTEN, MILK, LUPINS, TREE NUTS, FISH, CRUSTACEAN, SOY & SESAME.

PREPARATION: TRANSFER CONTENTS TO A SAUCEPAN AND WARM OVER A LOW / MEDIUM HEAT STIRRING OCCASIONALLY UNTIL HOT OR TRANSFER CONTENTS TO A MICROWAVE SAFE CONTAINER AND HEAT AT 2 MINUTE INTERVALS UNTIL HOT. IF FROZEN, DEFROST COMPLETELY BEFORE FOLLOWING INSTRUCTIONS ABOVE.

STORAGE: REFRIGERATE AND CONSUME WITHIN 3 DAYS OF OPENING OR FREEZE BEFORE BEST BEFORE DATE.

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