



JD·SWEID  
FOODS  
since 1917

**4417100: Century Breaded Whole Muscle Kiev 2kg**



**INGREDIENTS:** BONELESS SKINLESS CHICKEN BREAST, WATER, SALT. FILLED WITH: UNSALTED BUTTER, GARLIC, PARSLEY, CHIVES, SALT, LEMON JUICE FROM CONCENTRATE. IN A BATTER AND BREADING OF: TOASTED WHEAT CRUMBS WITH SPICES, WATER, YELLOW CORN FLOUR, WHEAT FLOUR, CORN STARCH, SOY PROTEIN ISOLATE (WITH SOY LECITHIN), SALT, DEXTROSE, GUAR GUM. BROWNED IN CANOLA OIL.

**COOKING INSTRUCTIONS:** PREHEAT OVEN TO 375°F AND BAKE FOR APPROXIMATELY 35-40 MINUTES, OR UNTIL FULLY COOKED. PRODUCT MUST REACH AN INTERNAL TEMPERATURE OF 165°F (74°C).

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Serving Size (204 g) / Portion (204 g)	
Servings Per Container	
Portions par contenant	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories 500</b>	
<b>Fat / Lipides 32 g</b>	<b>49 %</b>
Saturated / saturés 16 g	<b>85 %</b>
+ Trans / trans 1 g	
<b>Cholesterol / Cholestérol 125 mg</b>	<b>42 %</b>
<b>Sodium / Sodium 880 mg</b>	<b>37 %</b>
<b>Carbohydrate / Glucides 24 g</b>	<b>8 %</b>
Fibre / Fibres 1 g	<b>4 %</b>
Sugars / Sucres 1 g	
<b>Protein / Protéines 29 g</b>	
Vitamin A / Vitamine A	20 %
Vitamin C / Vitamine C	8 %
Calcium / Calcium	2 %
Iron / Fer	15 %