

CHICKEN POTATO CAKE

Ingham's new Chicken Potato Cake is a mashup of two Aussie take-away favourites - chicken, and potato cakes (or scallops depending on which side of the border you're on). Delicious chicken patty on the inside, crispy potato flake batter on the outside. What's not to love?



- No added preservatives



EAT ME THREE WAYS!







CHICKEN POTATO CAKE



Thin and delicious chicken breast patty coated in a crispy potato flake batter.

INGREDIENTS

Contains: Gluten (Wheat), Milk and Egg as indicated in Bold Chicken (55%), Water, Vegetable Oils, Wheat Flour, Thickeners (1442, 1422, 461), Rehydrated Potato (2%), Salt, Mineral Salts (450, 500, 341, 451), Wheat Gluten, Spices, Cheese Powders [Contains Milk, Food Acids (270, 260, 330)], Tapioca Starch, Natural Flavours, Yeast Extract, Egg Powder, Dextrose.

COOKING INSTRUCTIONS

This is a raw product. Must be fully cooked before consumption. Please ensure chicken is fully cooked before eating.

The following is a guide only. Appliance temperatures can vary. You may need to adjust cooking times accordingly. If cooking from thawed, thaw product in a refrigerator overnight and cook within 48hrs. Once thawed, do not refreeze. Not suitable for microwave cooking.

For best results cook from frozen.

Cooking from frozen



Deep Fry - Preheat oil to 180°C. Place Chicken Potato Cake in fryer basket and cook for approximately 4.5 minutes, flipping once.

Cooking from thawed



Deep Fry - Preheat oil to 180°C. Place Chicken Potato Cake in fryer basket and cook for approximately 2.5 minutes, flipping once



NUTRITION INFORMATION

Servings per package: Approx. 21

Serving size: 48g

	Quantity per serving	% DI per serving	Quantity per 100g
Energy	358kJ	4%	746kJ
Protein	5.3g	11%	11.1g
Fat, Total	4.8g	7%	9.9g
- saturated	0.6g	2%	1.2g
Carbohydrates	5.4g	2%	11.2g
- Sugar	1.5g	2%	3.2g
Sodium	227mg	10%	473mg

All values specified above are averages.

Nutritional Information is based on edible portion only for Bone-In product and Whole Birds. *Percentage daily intakes are based on an average adult diet of 8700kJ. Your daily intakes may be higher or lower depending on your energy needs.

PRODUCT INFORMATION

PRODUCT CODE: 5567700

APPROX LINIT WEIGHT: 48

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APPROX. UNIT WEIGHT: 48g APPROX. UNIT PER KG: 21

ALLERGENS:







STORAGE INSTRUCTIONS: KEEP FROZEN AT OR BELOW -18°C

CARTON CONTENTS: 5 X 1KG

100% AUSSIE CHICKEN

NO ARTIFICIAL COLOURS, FLAVOURS OR PRESERVATIVES

ORDER TODAY

Ingham's Foodservice Offices:

QLD 1300 464 426 **NSW** 02 9826 4932 **WA** 08 9441 4200 **SA** 08 8280 6666

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