



X108



Chicken bites with peas and ham

MIN

4'

COOKING TIME



300g ?

4 PLATES PER BOX

Ingredients

Chicken breast 95%, peas 84%, cured ham 10%,
sunflower oil, onion, salt.

Average nutritional values per 100 g

Energy kJ 498 – Energy kcal 119 – Fats g 3,1 of
which saturated fats g 1,0 – Carbohydrates g 7,4 of
which sugars g 1,7 – Fibres g 2,4 – Proteins g 14,1
– Salt g 1,02

Preparation

Microwave oven (750w): 4 min in a closed package
and still frozen.

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