



● X108



Chicken bites with peas and ham



4'

COOKING TIME



1,32Kg e

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.

