

SCHNITZEL & WINGS

Pub friendly favourites!



INGHAM'S[®]
Nourish Our World

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1.
**Ciabatta Crumb
Pub Schnitzel**

Whole Muscle Breast Fillet

Consumer Cooking:

Conventional Oven: Preheat oven to 220°C.
Place in oven directly onto middle rack and
cook for 25 minutes or until cooked through.

2.
Chinese BBQ Wings

Fully Cooked

Consumer Cooking:

Conventional Oven: Preheat to 200°C.
Place Chinese BBQ Wings on lightly greased
oven tray and cook for approximately 25 minutes,
turning once.

3.
Buffalo Wings

Fully Cooked

Consumer Cooking:

Conventional Oven: Preheat to 200°C.
Place Wings on lightly greased oven tray and cook
for approximately 25 minutes, turning once.

Deep Fry: (recommended only for completely
thawed product):
Preheat fryer to 180°C and cook buffalo wings
for 5 minutes.

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Take pub favourites to the next level with Ingham's premium whole muscle Schnitzel, and fully cooked wings in two delicious flavours!



1.
**Ciabatta Crumb
Pub Schnitzel**

Product Code 5254330
Carton Contents 5kg
Approx. Unit Weight 250g
Approx. 22 Units per Carton

Ingredients:

Contains Gluten (Wheat) And Soy. May Be Present: Milk, Egg
RSPCA Approved Chicken Breast (60%), Water, Ciabatta Crumb (Wheat Flour, Yeast, Salt, Olive Oil, Improving Agent (300 - Gluten), Vegetable Oils (Canola), Wheat Flour, Salt, Wheat Gluten, Wheat Starch, Soy Protein, Modified Starch (1442), Mineral Salt (451), Thickener (407), Natural Colour (160C).

Nutrition Information

Servings per package: 20 PER 5.00KG (4 PER KG)
Serving size: 250g

	Quantity per Serving	%Daily Intake* per Serving	Quantity per 100g
Energy	2,033kJ	23.4%	813kJ
Protein	39.8g	79.5%	15.9g
Fat, total	24.8g	35.4%	9.9g
- saturated	3.8g	15.6%	1.5g
Carbohydrates	24.5g	7.9%	9.8g
- Sugars	12.3g	13.6%	4.9g
Sodium	1,203mg	52.3%	481mg

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.



2.
**Chinese
BBQ Wings**

Product Code 5312630
Carton Contents 2 x 2.5kg
Approx. Unit Weight 85g
Approx. Units per kg. 12

Ingredients:

Contains Gluten (Wheat) And Soy As Indicated In Bold Type. May Be Present: Egg, Milk
RSPCA Approved Chicken (74%), Coating (**Wheat** Flour, Thickener (1404), Dehydrated Beetroot, Natural Colours (Paprika Oleoresins, 160b, Turmeric), Yeast, Sugar, Salt, **Wheat** Gluten, Canola Oil, Rosemary Extract), Predust (Sugar, **Wheat** Flour, **Wheat** Gluten, Thickener (1422), Dehydrated Vegetables (Incl. Onion, Garlic), Salt, Spices, **Soy** Sauce Powder (**Soy**, **Wheat**), Honey Powder, Acidity Regulator (262), Canola Oil, Yeast Extract, Natural Colour (Paprika Oleoresins)), Water, Canola Oil, Batter (**Wheat** Flour, Maize Flour, **Wheat** Gluten, Salt, Natural Flavour, Onion, Yeast Extract, Spice And Herb Extracts), Marinade (Salt, Stabiliser (450), Gelling Agent (407a), Dextrose, Mineral Salt (508)).

Nutrition Information

Servings per package: APPROX 12 PER KG
Serving size: 72g

	Quantity per Serving	%Daily Intake* per Serving	Quantity per 100g
Energy	742kJ	8.5%	1,031kJ
Protein	10.4g	20.7%	14.4g
Fat, total	11.7g	16.7%	16.2g
- saturated	2.6g	10.8%	3.6g
- trans	0.1g		<0.1g
- polyunsaturated	2.2g		3.1g
- monounsaturated	6.7g		9.3g
Carbohydrates	8.0g	2.6%	11.0g
- Sugars	1.1g	1.2%	1.5g
Sodium	397mg	17.2%	551mg

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.



3.
**Buffalo
Wings**

Product Code 5312730
Carton Contents 2 x 2.5kg
Approx. Unit Weight 85g
Approx. Units per kg. 12

Ingredients:

This Product Contains Gluten (Wheat) And Egg As Indicated In Bold Type. May Be Present: Milk And Soy
RSPCA Approved Chicken (74%), Coating (**Wheat** Flour, **Egg** White, Herb Extract, Spices, Natural Colours (Paprika Oleoresins, 160b, Turmeric), Yeast, Sugar, Salt, **Wheat** Gluten, Canola Oil), Predust (**Wheat** Flour, Sugar, Acidity Regulator (262), Salt, **Egg**, Spices And Spice Extracts, Yeast Extract, Dehydrated Garlic), Water, Canola Oil, Batter (**Wheat** Flour, Maize Flour, **Wheat** Gluten, Salt, Natural Flavour, Onion, Yeast Extract, Spice And Herb Extracts), Marinade (Salt, Stabiliser (450), Gelling Agent (407a), Dextrose, Mineral Salt (508)).

Nutrition Information

Servings per package: 12 PER KG
Serving size: 72g

	Quantity per Serving	%Daily Intake* per Serving	Quantity per 100g
Energy	680kJ	9.7%	1,172kJ
Protein	9.8g	24.3%	16.9g
Fat, total	11.3g	20.1%	19.5g
- saturated	3.4g	17.4%	5.8g
- trans	0.1g		0.1g
Carbohydrates	5.6g	2.2%	9.6g
- Sugars	0.3g	0.5%	0.6g
Sodium	405mg	21.9%	698mg

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.