

# Chicken Thigh Schnitzels

Total ingredient (raw) weight: 120.00 g  
 Total (cooked) weight: 120.00 g  
 Weight change: 0.00 %

Nutrition Information		
Servings per package:	1.00	
Serving size:	120.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1060 kJ	885 kJ
Protein	18.1 g	15.1 g
Fat, total	7.7 g	6.4 g
- saturated	2.2 g	1.8 g
Carbohydrate	26.7 g	22.3 g
- sugars	1.8 g	1.5 g
Sodium	1710 mg	1430 mg

**Ingredient name:** Chicken, thigh fillets (flesh & some fat), raw  
 08C10236

**Amount:** 75.00 g

**Energy:** 608 kJ    **Fat, total:** 8.4 g    **Carbohydrate:** 0.0 g    **Sodium:** 60 mg  
**Protein:** 17.5 g    **Fat saturated:** 2.5 g    **Sugars:** 0.0 g

**Ingredient name:** 'Egg' Wash, Gluten Free (C)

**Amount:** 5.00 g

**Energy:** 79 kJ    **Fat, total:** 0.0 g    **Carbohydrate:** 4.6 g    **Sodium:** 27956 mg  
**Protein:** 0.0 g    **Fat saturated:** 0.0 g    **Sugars:** 0.0 g

**Ingredient name:** Breadcrumbs, white, commercial  
 02B10236

**Amount:** 40.00 g

**Energy:** 1504 kJ    **Fat, total:** 3.6 g    **Carbohydrate:** 66.2 g    **Sodium:** 680 mg  
**Protein:** 12.5 g    **Fat saturated:** 0.8 g    **Sugars:** 4.4 g

NOTE: All nutrient values shown above for these ingredients are per 100g EP

Working values may differ from final NIP due to rounding.

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