



# GRECO

International Cuisine



## *Tempura Battered Chicken Bites*

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Greco Item # 00101  
Dot Item # 734729

## Point for Pondering

Tempura wasn't originally a Japanese food. In fact, it was brought to Japan by Portuguese missionaries. In the mid-16th century, tempura came to Japan by way of Nagasaki (長崎), a port town in Japan with Portugal being one of the most common traders with Japan during that time. At the time, Japan was actually one of the few countries who didn't have their own method of frying foods, so the technique was quick to catch on.

**COOKING INSTRUCTIONS** - Prepare product from the frozen state.

*Internal temperature should reach at least 74°C (165°F) for 15 seconds.*

**OVEN:** Pre-heat oven to 204°C/ 400°F. Spread pieces out in a single layer on a baking tray & position in the centre of the oven. Heat for 12 to 15 minutes, or until heated through.

**MICROWAVE:** Arrange 12 pieces in a circle on a microwave-safe plate. Heat on high for 1 ½ to 2 minutes, or until heated through.

**DEEP FRYER:** Heat product for 2 ½ minutes at 177°C/ 350°F from frozen state.

GTIN	10874163001016
Case Net wt	4.25 kg 9.37 lb
Case Gross wt	4.93 kg 10.88 lb
Case Length	31.27 cm 12.31 "
Case Width	23.65 cm 9.31 "
Case Height	14.35 cm 5.65 "
Case Cube	0.01061 m³ 0.37 ft³
Pallet TI	17
Pallet HI	12
Cases per pallet	204
Frozen Shelf Life	18 months

**Ingredients:** Chicken, Marinade (water, salt, sugar, soy sauce powder [soybeans, wheat, salt], garlic powder, spice), Enriched wheat flour, Batter (water, enriched wheat flour, baking powder, corn flour, salt, sugar [dextrose]), Canola oil. May contain milk and/or egg ingredients.

Nutrition Facts	
Valeur nutritive	
Per 100 g / par 100 g	
<b>Calories 200</b>	<b>% Daily Value*</b>
Fat / Lipides 8 g	11 %
Saturated / saturés 1 g	
+ Trans / trans 0 g	5 %
Polyunsaturated / polyinsaturés 2 g	
Omega-6 / oméga-6 1.5 g	
Omega-3 / oméga-3 0.5 g	
Monounsaturated / monoinsaturés 5 g	
Carbohydrate / Glucides 17 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 14 g	
Cholesterol / Cholestérol 25 mg	8 %
Sodium 480 mg	21 %
Potassium 175 mg	4 %
Calcium 40 mg	3 %
Iron / Fer 1.25 mg	7 %
Vitamin D / Vitamine D 0 µg	0 %
<small>*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup</small>	

