



FRESHWAYS
PRODUCT INFORMATION REPORT

PRODUCT CODE: 102450

BRANDING: Gymfuel

PRODUCT NAME: Chicken Salad

MARKETING DESCRIPTOR: Handmade on soft malted grain loaf!

LEGAL DESCRIPTOR: Cooked chicken breast pieces, tomato, seasoned mayonnaise and lettuce on malted wheat bread.

UNIT DECLARED WEIGHT: 185g e

UNITS PER CASE: N/A

PRODUCED AT: Freshways Ltd., Poppintree, Finglas, Dublin 11.



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GENETIC MODIFICATION

Substance	Contained	Comments
Genetically Modified Material	No	

INGREDIENT DECLARATION

INGREDIENTS: Malted Wheat Bread [Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Wholemeal **Wheat** Flour, Malted **Wheat** Flakes, Yeast, Salt, **Wheat** Gluten, Malted **Barley** Flour, Emulsifier (Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids), Dextrose, Preservative (Calcium Propionate), **Soya** Flour, Flour Treatment Agent (Ascorbic Acid), Palm Fat, Rapeseed Oil, **Wheat** Starch], Cooked Chicken Breast Pieces (24%) [Chicken Breast, Cornflour], Tomato (15%), Mayonnaise [Rapeseed Oil, Water, Pasteurised **Egg**, Spirit Vinegar, Pasteurised **Egg** Yolk, Sugar, Salt, Dextrose, Stabilisers (Guar Gum, Xanthan Gum), Concentrated Lemon Juice, Flavouring (contains **Mustard**), Colour (Paprika Extract)], Lettuce (5%), Cracked Black Pepper.

ALLERGY ADVICE

For allergens, including cereals containing gluten, see ingredients in **bold**.

SUITABLE FOR DETAILS

Suitable For	Yes / No	Comments
Ovo-lacto Vegetarians	No	
Vegans	No	

WARNING/CAUTION STATEMENTS

Although every care has been taken to remove bones, some may remain.



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NUTRITION/HEALTH CLAIMS

On Pack Nutrition/Health Claims	Can the claim be made
High Protein	Yes

DURABILITY DATA

DISPLAY UNTIL/USE BY (END OF): DDMMM

USE BY & STORAGE INSTRUCTIONS

USE BY: See front of pack.

STORAGE: Keep refrigerated <5°C. Not suitable for home freezing. Once opened, consume immediately.

NUTRITION INFORMATION

Typical Values	Per 100g	Per Pack (185g)	%RI** Per Pack
Energy	874kJ/208kcal	1615kJ/385kcal	19%
Fat	7.8g	14g	21%
of which saturates	0.8g	1.5g	8%
Carbohydrate	22g	41g	
of which sugars	1.9g	3.5g	4%
Fibre	2.6g	4.8g	
Protein	11g	21g	
Salt	0.76g	1.4g	23%

This pack contains 1 serving.

*Reference intake of an average adult (8400kJ/2000kcal).

Note: Nutrition information rounded as per EU rounding guidelines.



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ADDITIONAL INFORMATION

No artificial flavours or colours.

To ensure you get the highest quality product, leaf may vary.

*Gym Fuel – High Protein – Targeted Nutrition. Protein contributes to growth and the maintenance of muscle mass. Enjoy as part of a varied, balanced diet and a healthy lifestyle.

BARCODE

5391526154465

PACKAGING

Primary

Gymfuel Pre-Printed Cardboard Skillet