



Nutrition

Servings Per Package: 12	Serving Size: 170g	
	Ave. Quantity Per Serving	Ave. Quantity Per 100g
Energy	1380KJ	810KJ
Protein	9.4g	5.5g
Fat, Total	10.2g	6.0g
- Saturated	2.4g	1.4g
Carbohydrate	47.5g	27.9g
- Sugars	3.9g	2.3g
Sodium	605.0mg	356.0mg
< Means Less Than		

Ingredients

Vegetables (31%) (cabbage, carrot, celery, onion, green beans), **wheat** flour, water, cooked barley (water, **barley**), beef (4%), canola oil, **wheat** cereal, textured **soy** protein, salt, sugar, acidity regulators (450, sodium bicarbonate), hydrolysed vegetable protein (**soy**), spice (contains chilli), emulsifier (471), colours (150a, 102, 110), flavour enhancer (635).

Contains wheat, gluten, soy.

May be present: lupin.



Simplot

Chiko Rolls®

The iconic single handed snack. Crisp, crunchy pasty outer filled with meat and vegetables.

Product Specification		Shipping Information	
SKU	76008	Length	387 MM
Pack Size	6 x 2kg	Width	286 MM
Brand	Chiko®	Height	278 MM
Gross Wt	12.5KG	Shelf Life	720 days
Net Wt	12KG		
Please Note: Due to formulation changes, specification information on product packaging is most current.			

Preparation Instructions For Food Safety and Quality		
Method Type	Time	Temperature
Deep Fryer From Frozen: Cook frozen CHIKO Rolls for 8-9 minutes. From Thawed: Remove desired amount of CHIKO Rolls from pack and thaw in the refrigerator (0°C to 4°C) for 6 hours or overnight. Cook thawed CHIKO Rolls for 6 minutes.		
	8-9 minutes (frozen) or 6 minutes (thawed)	180°C
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