



200866C Battered Chicken Nuggets 20g (Chefs Select



Pack Size: 2X1KG BOX

Details: Chopped and shaped chicken coated in a light tempura batter.

Allergen Information

Contains:

Cereal, Celery, Gluten

Free from:

Crustaceans, Eggs, Fish, Mustard, Lupin, Milk, Molluscs, Nuts, Peanuts, Sesame, Sulphur Dioxide, Soya

Suitable for:

Halal

Handling Information

Directions For Use:

Best cooked from frozen.

OVEN: Preheat oven to 200°C / Fan 180°C / Gas Mark 6 and cook for 10-12 minutes.

FRY: Place in moderately hot oil 180°C / 356°F for 3-5 minutes.

The cooking instructions are given as a guide only as appliances vary.

Storage Instructions:

Keep frozen below -18°C

Product Ingredients

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Chicken Breast Meat (57%), Wheat Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin and Thiamin), Maize Flour, Breadcrumbs (Wheat Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin and Thiamin), Salt), Modified Maize Starch, **WHEAT** Semolina, **WHEAT** Starch, Raising Agents (Calcium Phosphate,

Nutritional Information

Typical Values per 100g/ml:

Based on a reference intake of an average adult (8400kJ/2000kCal) diet

Energy:

224 kcal / 936 kJ

Fat:

10.4 g

of which saturates:

1.2 g

Carbohydrates:

17.8 g

of which sugars:

1.3 g

Fibre:

0.5 g

Protein:

14.6 g

Salt:

0.8 g



All product information is correct at time of upload. Information may change so please check the packaging before use.

If allergen information is not presented here, please obtain it from the product packaging or speak with our QA Department.