



203950C Breaded Chicken Goujons (Chefs Selections)



Pack Size: 2X1KG BOX

Details: These breaded whole chicken strips have a delicious crispy coating and make the perfect starter with a selection of dips.

Allergen Information

Contains:

Cereal, Soya

Free from:

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

Suitable for:

Halal

Handling Information

Directions For Use:

Best Cooked From Frozen

OVEN: Preheat oven to 200°C/Fan180°C/Gas Mark 6 and cook for 10-12minutes.

FRY: Place in moderately hot oil @ 180°C/365°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 (53%), Water, **WHEAT** Flour, Tapioca Starch, Palm Oil, Salt, Corn Starch, Non-hydrogenated Palm Shortening, Modified Tapioca Starch, Thickeners (Xanthan Gum, Guar Gum), Raising Agents (Disodium Diphosphate, Sodium Hydrogen Carbonate), Sugar, Yeast, **SOYA** Flour.

Nutritional Information

Typical Values per 100g/ml:

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

Energy:

167 kcal / 703 kJ

Fat:

4.2 g

of which saturates:

1.9 g

Carbohydrates:

17 g

of which sugars:

0.3 g

Fibre:

0.5 g

Protein:

15 g

Salt:

1.1 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.