



206300C Gluten Free Breaded Chicken Goujon Plain (



Pack Size: 2 X 1KG

Details: Succulent portioned chicken breast fillets, coated in crispy golden gluten free breadcrumbs.

Allergen Information

Free from:

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

Suitable for:

Coeliacs

Handling Information

Directions For Use:

From Frozen unless otherwise stated Oven: Preheat oven to 200°C/180°C (fan)/Gas Mark 6. Place goujons evenly on baking tray and cook for 25-30 mins, turning half way through cooking time.

Deep Fry: Preheat oil to 180°C and deep fry for 8 mins. Drain well before serving.

Storage Instructions:

Keep Frozen. Store at -18°C or below

Product Ingredients

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Chicken Breast Fillet (66%), Water, Rapeseed Oil, Rice Flour, Gram Flour, Potato Starch, Rice Starch, Salt, Maize Starch, Potato Protein, Emulsifier (Xanthan Gum), Dextrose, Acidity Regulator (Sodium Carbonate).

Nutritional Information

Typical Values per 100g/ml:

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

Energy:

204 kcal / 853 kJ

Fat:

10.1 g

of which saturates:

1.1 g

Carbohydrates:

12.5 g

of which sugars:

0.5 g

Fibre:

0.5 g

Protein:

15.7 g

Salt:

0.73 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.

