



# Product Information Sheet

Product Code 324472

Weight 504g

Product Type Large / Multi-Portion

Product Name Chicken Goujons

## Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	916kj	1154kj
Energy (kcal)	220kcal	277kcal
Fat	13g	17g
Saturated	2.7g	3.4g
Monounsaturated	5.5g	6.9g
Polyunsaturated	4.6g	5.8g
Carbohydrate	12g	15g
of which sugars	0.9g	1.1g
Fibre	2.4g	3.0g
Protein	12g	14g
Sodium	430mg	542mg
Salt equivalent	1.1g	1.4g
Potassium	150mg	189mg

## Ingredient Declaration

cooked formed chicken (46%), **wheat** flour (with calcium carbonate, niacin, iron, thiamin), water, chicken skin, **wheat** starch, rice flour, **wheat** semolina, salt, rapeseed oil, **wheat gluten**, pea fibre, dextrose, yeast, stabiliser (triphosphates), garlic powder, onion powder, sugar, yeast extract, pepper, sage.

Diet Coding		Made Without		Free From	
1 of 5 a Day		Alcohol	✓	Alcohol	
Energy Dense		Beef	✓	Beef	
Gluten Free		Celery	✓	Celery	
Low Fat		Cheese	✓	Cheese	
Low Salt		Crustacean	✓	Crustacean	
Vegetarian		Egg & Egg Derivatives	✓	Egg & egg derivatives	
Low Saturated Fat		Fish	✓	Fish	
Healthier Choice		Garlic		Garlic	
Vegan		Lupin	✓	Gluten	
Soft		Milk & Milk Derivatives	✓	Milk & milk derivatives	
Reduced Sugars		Mollusc	✓	Mollusc	
Low Sugars	✓	Mushroom	✓	Mushroom	
2 of 5 a Day		Mustard	✓	Mustard	
3 of 5 a Day		Nuts	✓	Nuts	
Reducing		Onion		Onion	
High Protein		Peanut	✓	Peanuts	
Easy Chew		Sesame	✓	Soya	
Free From Milk		Soya	✓	Sulphur dioxide/sulphites >10mg/kg	✓
SourceFibre		Tomato	✓	Tomato	
SourceOfProtein		Yeast		Yeast	
		Almond	✓		
		Brazil	✓		
		Cashew	✓		
		Hazlenut	✓		
		Macadamia	✓		
		Pecan	✓		
		Pistachio	✓		
		Queensland	✓		
		Walnut	✓		
		Wheat			
		Rye	✓		
		Barley	✓		
		Oats	✓		

## **Cooking Guidelines (all ovens may vary)**

Cook with lid on, with corners lifted. Always cook from frozen.