

02809 | Everyday Favourites | 2.5kg

## Everyday Favourites Breaded Chicken Goujons

Chopped And Shaped Chicken Breast In A Seasoned, Crisp Breadcrumb Coating. Breaded Chicken Goujons Can Be Deep Fried Or Oven Cooked From Frozen

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### Description

Legal Product Name	Chopped And Shaped Chicken Breast In A Seasoned, Crisp Breadcrumb Coating
Unique Marketing Statement	Chopped And Shaped Chicken Breast In A Seasoned, Crisp Breadcrumb Coating. Breaded Chicken Goujons Can Be Deep Fried Or Oven Cooked From Frozen
Brand Name	Everyday Favourites
Country of Origin	United Kingdom

### Ingredients

Ingredients	Chicken (51%), Water, Breadcrumbs (Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Thiamin, Niacin), Yeast, Salt), Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Thiamin, Niacin), Rapeseed Oil, WHEAT Protein, Pea Fibre, Salt, Pea Starch, Flavoursings, Dextrose, Sunflower Oil, Yeast Extract, Colour (Paprika Extract), Maltodextrin.
Is the product made from at least 65% British ingredients?	No
Contains GM Ingredients	No

### Nutrition

Servings per Consumer Unit (Inner)	97
Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	1045 kJ
Energy (Kilocalories)	250 kcal
	13.4 g
	2.4 g
Carbohydrate	19.4 g
Sugars	4.3 g
Dietary Fibre, Total	1.9 g
Protein, Total	12 g
Salt	0.59 g
Sodium	234 mg

### Allergens

Cereals containing Gluten (and products thereof)	Contains
Wheat (as an ingredient)	Contains
Rye (as an ingredient)	Does NOT Contain
Barley (as an ingredient)	Does NOT Contain
Oats (as an ingredient)	Does NOT Contain
Crustaceans (and products thereof)	Does NOT Contain
Egg and Egg Products	Does NOT Contain
Fish and Fish Products	Does NOT Contain
Peanut and Peanut Products	Does NOT Contain
Soybean and Soybean Products	Does NOT Contain
Milk and Milk Products	Does NOT Contain
Tree Nuts (and products thereof)	Does NOT Contain
Almonds (as an ingredient)	Does NOT Contain
Hazelnuts (as an ingredient)	Does NOT Contain
Walnuts (as an ingredient)	Does NOT Contain
Cashews (as an ingredient)	Does NOT Contain
Pecan nuts (as an ingredient)	Does NOT Contain
Brazil nuts (as an ingredient)	Does NOT Contain
Pistachio nuts (as an ingredient)	Does NOT Contain
Macadamia or Queensland nuts (as an ingredient)	Does NOT Contain
Celery / Celeriac (and products thereof)	Does NOT Contain
Mustard (and products thereof)	Does NOT Contain
Sesame Seeds and Sesame Seed Products	Does NOT Contain
Sulphur Dioxide and Sulphites (>10mg/kg)	Does NOT Contain
Lupin (and products thereof)	Does NOT Contain
Molluscs (and products thereof)	Does NOT Contain

## Dietary Information

Halal Certified	No
Kosher Certified	No
Suitable for Vegan	No
Suitable for Vegetarian	No
Organic Certificate	No Organic certificate
Can any Ethical or Fairly traded claims be made?	No ethical or fairtrade claim
Can any other sustainability claims be made for this product?	NONE
Does any other assurance scheme apply to this product?	No assurance scheme

## Preparation Suggestions

Is the product ready to eat?	No
Reconstitution Instructions	no
Defrosting Instructions	no
Oven	Cook from frozen. Remove all packaging.
Oven From Frozen	Oven bake Fan assisted oven - 200oC / 400oF for 15-20 mins. Conventional - 220oC / 425oF / Gas Mark 7 for 15-20 mins. Place goujons onto a baking tray and bake in the top half of the oven for 15-20 minutes, turning after 10 minutes.
Microwave Instructions	no
Microwave Instructions From Frozen	no
Fry From Frozen	Deep Fry Preheat oil to 180oC / 350oF for 3 1/2- 4 mins. Place goujons into hot oil and deep fry for time stated above. Drain well before serving.

## Packaging

Do you have any packaging environmental claims?

Case is recycable and has recycled content