

35478 | Paragon | 18-110g

Paragon Hot and Spicy Chicken Fillets

Pre cooked Hot n Spicy battered whole muscle 110g chicken fillets that have a subtle kick that makes your mouth "Tingle" . Can be reheated from frozen in the oven or deep fat fryer.



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Description

Unique Marketing Statement	Pre cooked Hot n Spicy battered whole muscle 110g chicken fillets that have a subtle kick that makes your mouth "Tingle" . Can be reheated from frozen in the oven or deep fat fryer.
Brand Name	Paragon
Country of Origin	Thailand

Ingredients

Ingredients	Chicken Breast (63%), Water, Wheat Flour, Palm Oil, Modified Tapioca Starch, Cornflour, Salt, Black Pepper, Raising Agents (Diphosphates, Sodium Bicarbonate), Wheat Gluten, Onion Powder, Dextrose, Colour (Paprika Extract, Curcumin), Garlic Powder, Chilli Powder, Chilli Extract, White Pepper.
Is the product made from at least 65% British ingredients?	No
Contains GM Ingredients	No

Nutrition

Servings per Consumer Unit (Inner)	18
Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	866 kJ
Energy (Kilocalories)	207 kcal
Fat, Total	10.4 g
Saturated	4.4 g
Carbohydrate	11.8 g
Sugars	0.1 g
Dietary Fibre, Total	0 g
Protein, Total	16.6 g
Salt	0.8 g
Sodium	320 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	Yes
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?	not ready to eat product
Reconstitution Instructions	N/A
Oven	For best results heat from frozen. Remove from packaging. Place product on a baking tray in a pre-heated oven at 200°C. Gas Mark 6 for 20-22 minutes. Turn half way through cooking, Check food is piping hot before serving.
Oven From Frozen	Roasting not recommended
Microwave Instructions	Microwaving not recommended
Fry	For best results heat from frozen. Remove from packaging. Fry in hot oil at 180°C for approximately 6 minutes. Drain well before serving. Check food is piping hot before serving.Pan Frying not recommendedStir Frying not recommended
Grill	Grilling not recommended
Other	Product not suitable for boilingPan Frying not recommendedSteaming not recommended

Packaging

Do you have any packaging environmental claims?

Recyclable