

57879 | Goodness Me! | 2kg

Battered Chicken Fillet Bites 20g

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Description

Brand Name	Goodness Me!
Country of Origin	Thailand

Ingredients

Ingredients	Chicken Breast (75%), Water, Wheat Flour, Modified Food Starch (Oxidised Starch, Starch Acetate), Corn Starch, Salt, Egg Powder, Non-hydrogenated Palm Oil, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate, Dicalcium Phosphate), Sugar, Yeast Extract, Spices (Black Pepper, White Pepper), Onion, Garlic, Colour (Paprika Extract).
Is the product made from at least 65% British ingredients?	No
Contains GM Ingredients	No

Nutrition

Servings per Consumer Unit (Inner)	20
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Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	594 kJ
Energy (Kilocalories)	142 kcal
Fat, Total	4.7 g
Saturated	2 g
Carbohydrate	6.3 g
Sugars	0.4 g
Dietary Fibre, Total	0.6 g
Protein, Total	18.9 g
Salt	0.83 g
Sodium	332 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	Contains
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?	N/A
Reconstitution Instructions	N/A
Oven	Pre-heat oven to 230°C/450°F/ Gas Mark 8. Place chicken bites on a wire rack on a baking tray and bake for 12-15 minutes.
Oven From Frozen	No
Microwave Instructions	No
Fry	Pre-heat oil to 180°C. Fully immerse product into the hot oil and fry for 4-5 minutes. Drain and serve.00
Grill	No
Other	000

Packaging

Do you have any packaging environmental claims?

No environmental packaging claim