# BREADED CHICKEN GOUJONS

270g

## Ingredients

Chicken (58%), Wheat Flour [**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Rapeseed Oil, Water, **WHEAT** Starch, Pea Fibre, Salt, Yeast Extract, Yeast, Sugar, Garlic Powder, Onion Powder, Paprika, Sage, White Pepper. Made using British chicken.

## Allergens

**Allergy Advice:** For allergens, including cereals containing gluten, see ingredients in **BOLD**.

## Nutrition

| | Per 100g | 3 chicken goujons (78g**) | *%RI |
|---|---|---|---|
| Energy values | 1149kJ/275kcal | 896kJ/215kcal | 11% |
| Fat | 16.3g | 12.7g | 18% |
| (of which saturates) | 2.4g | 1.8g | 9% |
| Carbohydrate | 16.7g | 13.0g | |
| (of which sugars) | 1.1g | 0.9g | 1% |
| Fibre | 1.3g | 1.0g | |
| Protein | 14.8g | 11.6g | |
| Salt | 0.5g | 0.4g | 7% |

Pack contains approx. 3 servings. *Reference intake of an average adult (8400kJ / 2000kcal).
**When cooked according to instructions 270g typically weighs 234g.

## Product Description

**Brand:** One Stop
**Regulated Product Name:** Chopped and shaped chicken in a crispy breadcrumb coating.

## Name and Address

One Stop Stores Ltd.
Apex Road, Brownhills, Walsall,
West Midlands.
WS8 7HU.
01543 363133.

## Storage and Usage

**Cooking Instructions:** Remove all packaging.
**Oven:** Chilled: 220°C/Fan 200°C/Gas 7 13-15 mins.
Frozen: 220°C/Fan 200°C/Gas 7 16-18 mins.
Place on a baking tray in the centre of a pre-heated oven. Caution Wash hands, utensils and all surfaces after touching raw chicken. One Stop recommends that meat products are cooked thoroughly.
**Important** Not suitable for microwave cooking. All appliances vary, these are guidelines only.
**Storage Type:** Chilled.
**Storage:** Keep refrigerated below 4°C. Once opened, use within 1 day. Suitable for home freezing. Ideally freeze as soon as possible after purchase but always by 'use by' date shown. Packaged in a protective atmosphere.

## Safety Warnings

**Caution:** This product contains raw meat. Although every care has been taken to remove bones, some may remain.