

# Breaded Chicken Breast Goujon

**UNIT:** 1kg (35 pieces\*)



## Description

The CHEF Approved Breaded Chicken Breast Goujons are versatile and suitable for many dishes. They are made exclusively from the finest quality whole-muscle chicken breast fillets. Serve them as appetisers, main dishes, in sandwiches, or even in Korean kimbap.



## Allergen Information



Cereal



Milk



Eggs



Peanuts



Nuts



Crustaceans



Mustard



Fish



Lupin



Sesame



Celery



Soya



Molluscs



SO2

## Specifications

### Nutrition

Typical Values	Per 100g/ml
Energy	992 kJ 237 kcal
Fat	11.2 g
- of which saturates	4.5 g
Carbohydrates	17.9 g
- of which sugars	1.3 g
Fibre	g
Protein	15.4 g
Salt	0.88 g

### Allergens

Contains Cereal  
Contains Gluten  
Contains Milk  
Contains Eggs  
Contains Peanuts  
Contains Nuts  
Contains Crustaceans  
Contains Mustard  
Contains Fish  
Contains Lupin  
Contains Sesame  
Contains Celery  
Contains Soya  
Contains Molluscs  
Contains Sulphur Dioxide

### Dietary Information

Yes	Suitable for Vegetarians	
-	Suitable for Vegans	
No	Suitable for Sufferers of Lactose Intolerance	
No	Suitable for Coeliacs	
No	Approved for a Halal Diet	Yes
No	Approved for a Kosher Diet	No
No		
No		
No		
Yes		
No		
No		
No		

## Ingredients

Chicken Breast (59%), <b>WHEAT</b> Flour, Yellow Corn Flour, Modified Tapioca Starches (E1420, E1442), Vegetable Oil (Palm), Water, <b>WHEAT</b> Starch, Spices & Spices Extract (White Pepper, Black Pepper, <b>CELERY</b>, Paprika), Rice Flour, Salt, Onion, Garlic, Sugar, Raising Agents (E450i, E500ii), Corn Starch, Tapioca Starch, Yeast & Yeast Extract, Dextrose, Herbs (Oregano, Fennel), Thickener (E412).

## Directions for

### Use

For best result cook from frozen.  
Deep fry at 180 c for approximately 4-5 mins.  
Oven bake at 220c for 10- 12 minuets.  
Ensure that the core temperature reaches a minimum of 75c before serving

## Storage

### Instructions

Keep below -18 c. Once defrosted do not re freeze

## Packaging

GTIN:  
Inner GTIN: 5060392096895  
Weight/Volume:  
Packaging Type: Plastic Bag

## Country of Origin

Thailand ()

All Allergen and Nutrition information drawn from [www.erudus.com](http://www.erudus.com) on 29/12/2025