

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	Yes
Contains Gluten	-
Contains Milk	No
Contains Eggs	No
Contains Peanuts	No
Contains Nuts	No
Contains Crustaceans	No
Contains Mustard	No
Contains Fish	No
Contains Lupin	No
Contains Sesame	No
Contains Celery	Yes
Contains Soya	No
Contains Molluscs	No
Contains Sulphur Dioxide	No

Dietary Information

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

Ingredients

Chicken Breast (59%), WHEAT Flour, Yellow Corn Flour, Modified Tapioca Starches (E1420, E1442), Vegetable Oil (Palm), Water, WHEAT Starch, Spices & Spices Extract (White Pepper, Black Pepper, CELERY, 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 on 29/03/2026