



# 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.

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## Allergen Information



Cereal



Milk



Eggs



Peanuts



Nuts



Crustaceans



Mustard



Fish



Lupin



Sesame



Celery



Soya



Molluscs



SO2

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 SO2	No

## 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

## Dietary Information

Suitable for Vegetarians

Suitable for Vegans

Suitable for Sufferers of Lactose Intolerance

Suitable for Coeliacs

Approved for a Halal Diet

Yes

Approved for a Kosher Diet

No

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## 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](http://www.erudus.com) on 29/06/2026