



# 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 14/08/2026