

# Southern Fried Chicken Breast

## Goujon

**UNIT:** 1kg (26 pieces\*)



## Description

The CHEF Assured Southern Fried Chicken Breast Goujons offer a multitude of usage options, from starters to main courses, and even in wraps and sandwiches. These goujons are made exclusively from whole-muscle chicken breast fillets. They are a high-quality choice for caterers.



## Allergen Information



Cereal



Milk



Eggs



Peanuts



Nuts



Crustaceans



Mustard



Fish



Lupin



Sesame



Celery



Soya



Molluscs



SO2

## Specifications

### Nutrition

Typical Values	Per 100g/ml
Energy	933 kJ 223 kcal
Fat	10.8 g
- of which saturates	4.8 g
Carbohydrates	17.2 g
- of which sugars	0.9 g
Fibre	0.6 g
Protein	13.9 g
Salt	0.75 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	No
-	Suitable for Vegans	No
No	Suitable for Sufferers of Lactose Intolerance	Yes
No	Suitable for Coeliacs	No
No	Approved for a Halal Diet	Yes
No	Approved for a Kosher Diet	No
No		
No		
No		
No		
No		
No		

### Ingredients

Chicken Breast (58%) [Water, Salt, Tapioca Starch, Stabiliser (E451i)], Breadcrumb Coating [WHEAT Flour, Modified Tapioca Starch, Water, Vegetable Oil (Palm), WHEAT Starch, Rice Flour, Sugar, Salt, Yeast & Yeast Extract, Raising Agents (E450i, E500ii), Dextrose], Vegetable Oil (Palm).

### Directions for Use

Cooking Instructions:

For best result cook from frozen.  
Deep fry at 180°C for approximately 3-4 minutes.  
Oven bake at 200°C for approximately 7-8 minute

Ensure that the core temperature reaches a minimum of 75c before serving.

### Storage

#### Instructions

Keep frozen below -18c.  
Once defrosted do not refreeze.

### Packaging

GTIN:  
Inner GTIN: 5060392096871  
Weight/Volume: 1kg approx. 35 goujons per bag - 28g per goujon (average)  
Packaging Type: Plastic Bag

### Country of Origin

Thailand (j)

All Allergen and Nutrition information drawn from [www.erudus.com](http://www.erudus.com) on 19/06/2025