

Chicken breast nuggets coated in crispy cornflakes cereal. ¡Super crispy and delicious!

### Nutritional information

Average nutritional information	100g (1 portion)	% IR*
Energetic value	971kj/232kcal	12%
Fat	10g	14%
Saturated fat	0,8g	4%
Carbohydrates	21g	8%
Sugar carbohydrates	0,7g	<1%
Protein	13g	26%
Salt	1,71g	28%

\*Reference intake of an average adult (8400 kj / 2000 kcal)

### Characteristics

Unit weight : 20g

Measures: 4,7 x 3,7 x 1,7cm aprox.

Bag : 1kg

Box : 5 bags x 1kg

Pallet: 112

Conservation : -18°C

### Allergens

Gluten

### Traces

Eggs, Milk, Cellery, Sesame, Soy and Mustard

### Preparation:

Fryer : 3-4 min 170°C

Oven : 13-15 min 200°C



\*Information referred to weight, measures and preparation is approximate.