

Chicken breast nuggets coated in a thin layer of tempura.

### Nutritional information

Average nutritional information	100g (1 portion)	% IR*
Energetic value	805kj/192kcal	10%
Fat	8,4g	12%
Saturated fat	1,2g	6%
Carbohydrates	16,4g	6%
Sugar carbohydrates	0,9g	<1%
Protein	12,6g	25%
Salt	0,93g	15%

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

### Characteristics

Unit weight : 22g

Measures : 5,8 x 1,6 x 0,5cm aprox.

Bag : 1kg

Box : 5 bags x 1kg

Pallet: 128

Conservation : -18°C

### Allergens

Gluten and Milk

### Traces

Eggs, Cellery, Soy and Mustard

### Preparation:

Fryer : 3 min 175°C

Oven : 8-10 min 200°C



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