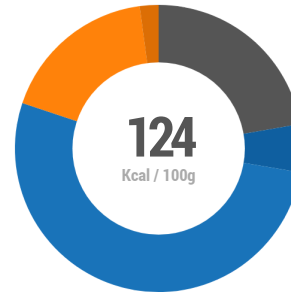


Baked Chicken Goujons, Potato Cubes & Corn

By Sinead Bradbury

OVERVIEW ...

U / 16983408



CALORIES:

57.9% Carbs

22.3% Protein

19.9% Fat

FOOD LABELLING...

EU Label values per 100g

Serves **1**

	PER 100G	%RI	PER 246G SERVING	%RI
Energy(Kj)	540 kJ	6%	1328 kJ	16%
Energy(kcal)	128 kcal	6%	315 kcal	16%
Fat	2.7 g	4%	6.8 g	10%
of which saturates	0.3 g	2%	0.7 g	4%
Carbohydrate	18 g	7%	44 g	17%
of which sugars	1.7 g	2%	4.1 g	5%
Fibre	1.8 g	7%	4.5 g	18%
Protein	6.9 g	14%	17 g	34%
Salt	0.42 g	7%	1 g	17%

CONTAINS:



Nutri-Score



HFSS Rating
(HFSS Pass)



NUTRIENT BREAKDOWN PER 100G...

ENERGY

Energy(kcal) 6% RI
Energy(Kj) 6% RI

124kcal
525kJ

LIPID COMPONENTS

Saturated Fat **1% RI**
Monounsaturated fat
cis-Mono
Polyunsaturated fat
Omega3(n-3)
Omega6(n-6)

0.2919g

Vitamin A (ret eq) -
Retinol -
Carotene -
Vitamin D -
Vitamin E -
Vitamin K₁ -

MACRONUTRIENTS

Carbohydrate 7% RI

18g

Protein **14% RI**
 Fat **4% RI**
 Water
 Water from Drinks
 Alcohol

6.9g *cis-Poly*
2.7g Trans-fatty acids
70g Cholesterol
0g

- Thiamin (B₁) -
 - Riboflavin (B₂) -
 - Niacin total (B₃) -
Niacin -
Tryptophan -
 Pantothenic Acid (B₅) -
 Vitamin B₆ -
 Folate (B₉) Total **0ug**
 Vitamin B₁₂ -
 Biotin (B₇) -
 Vitamin C -

MINERALS & TRACE ELEMENTS

CARBOHYDRATE

Starch **16.3g**
 Oligosaccharide -
 Fibre **7% RI** **1.8g**
 NSP **1.4g**
 Sugars **2% RI** **1.7g**
Glucose -
Galactose -
Fructose -
Sucrose -
Maltose -
Lactose -

Sodium **7% RI** **170mg**
 Potassium
 Chloride **32% RI** **257mg**
 Calcium -
 Phosphorus -
 Magnesium -
 Iron -
 Zinc -
 Copper -
 Manganese -
 Selenium -
 Iodine -

OTHER

GI (estimated) **0**
 GL -
 Caffeine -

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

Baked Chicken Goujons..

CHICKEN GOUJONS

U **79g**

unchanged

Potato Cubes..

POTATO

U **100g**

unchanged

Corn on the Cob..

CORN

U **67g**

unchanged

PORTIONS / PACK SIZES ...

1 Serving



246g / 315kcal

INGREDIENT LIST (QUID) ...

Potato (40.7%), Chicken Goujons (32.1%) [Chicken Breast, Water, **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Folic Acid, Iron, Niacin, Thiamin), Rapeseed Oil, Pea Fibre, Salt, Dextrose, Pea Starch, Stabilisers: Diphosphates, Triphosphates, **Wheat Gluten**, Garlic Powder, Paprika, Black Pepper, Raising Agents, Ammonium Carbonates, Colour, Paprika Extract], Corn (27.2%)

ALLERGY ADVICE: For allergens, see ingredients in **Bold**

COOKING INSTRUCTIONS & NOTES

INGREDIENTS

79g Chicken goujons

METHOD

No Cooking Instructions

67g Corn

100g Potato