



Product #10454
Crisp & Delicious Chicken Nuggets

Breaded chicken nuggets which can be deep fried or baked.



Key Product Features **Key Product Benefits**

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| <ul style="list-style-type: none"> ● Versatile ● Uniform Sizing ● Quick cooking time | <ul style="list-style-type: none"> ● Oven baked or deep fry ● Precision portion and costing control ● Fast service |
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Menu Suggestions

Serve as an entree for lunch or dinner with french fries and vegetable or salad. As an appetizer, arrange on small platter with dipping sauce. For a kid's menu item or portable hand-held snack, serve in bag or box with dipping sauce.

Cooking Instructions

Oven: Bake in a 425°F preheated oven for 15-20 minutes. Deep fryer: Deep fry at 360°F for 4.5-5 minutes.

Nutritional Facts

Per 100 g	Approx. 5 nuggets
Amount	
Calories	254
Fat	12.3 g
Saturated	1.5 g
+trans	0.3 g
Polyunsaturated	3.3 g
Omega-6	2.4 g
Omega-3	0.9 g
Monounsaturated	6.7 g
Cholesterol	27.5 mg
Sodium	650 mg
Carbohydrate	22.3 g
Dietary Fibre	0.8 g
Sugars	0.6 g
Protein	13.3 mg
Vitamin A	4.8 RE
Vitamin C	0.0 mg
Calcium	27.6 mg
Iron	1.7 mg

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Ingredient Listing

Chicken (may contain traces of egg), water, soy protein isolate, salt and seasoning in a breading of: toasted wheat crumbs with spices, water, modified corn starch, wheat flour, yellow corn flour, salt, baking powder, vegetable oil shortening (soybean), defatted soy flour, milk ingredients, dried egg white, guar gum. Browned in pure vegetable oil (canola oil).

Allergen Listing

Egg, soy, wheat, milk

Health Benefits

- Low in saturated fat
- Source of iron
- Source of omega-3 polyunsaturates
- Source of omega-6 polyunsaturates

Specifications

<p>SCC: 100 69299 10454 4</p> <p>Case Pack Size 2 x 2 kg = 4 kg</p> <p>Average Pc Weight 20 g / 0.7 oz</p> <p>Average Pc Count 200</p>	<p>Case (cm) (L x W x H) 37.3 x 27.8 x 11.1</p> <p>Case Cube (cm) 11,510</p> <p>Pallet Ti/Hi 10 / 9 = 90</p>
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build your menu with confidence

