

# CHICK'N FILLETS

## COOKING SUGGESTIONS



### OVEN:

Preheat the oven to 200C or 170C fan forced. From frozen, place the Chick'n on a baking trat and cook for 12-15 minutes or until crispy.



### AIR FRY:

From frozen, cook Chick'n on high for 4 – 6 minutes or until crispy.



### DEEP FRY:

Heat oil to 180C. Defrost Chick'n and cook for 1-2 minutes or until crispy.

\* Appliances vary considerably, please adjust cooking times if necessary.

## FLAVOUR FILLIN'

### INGREDIENTS:

**Wheat Flour, Gluten, Water, Soy, Vegetable Oil, Salt, Rice Flour, Flavour Enhancer (621), Dextrose, Cornflour, HVP, Nutritional Yeast, White Vinegar, Sugar, Spices, Thyme, Basil, Oregano.**

**CONTAINS:** Soy & Wheat.

**MAY CONTAIN:** Traces of Nuts & Seeds

### NUTRITIONAL INFORMATION

Servings per pack: 2

Serving size: 100g

	Avg. qty per 100g	% Daily Intake* (Per serve)	Avg. qty per serve
ENERGY	1459kJ	17%	1459kJ
PROTEIN	17.7g	35%	17.7g
FAT, TOTAL	21.8g	31%	21.8g
- SATURATED	3.9g	16%	3.9g
CARBOHYDRATE	20.7g	7%	20.7g
- SUGARS	2.1g	2%	2.1g
SODIUM	700mg	35%	700mg
DIETARY FIBRE	0.5g	2%	0.5g
POTASSIUM	110mg	3%	110mg
		% RDI** (Per serve)	
CALCIUM	40mg	4%	40mg
IRON	16mg	89%	16mg
THIAMIN (VIT B1)	0.91mg	76%	0.91mg
RIBOFLAVIN (VIT B2)	0.96mg	74%	0.96mg
NIACIN	6.8mg	43%	6.8mg
VITAMIN B6	0.99mg	76%	0.99mg
VITAMIN B12	0.13µg	5%	0.13µg
PHOSPHORUS	190mg	19%	190mg
ZINC	14mg	100%	14mg

\* Percentage of daily intakes are based on an average adult diet of 8700kJ.  
 \*\* Percentage recommended dietary intake (AU/NZ).

