

POPCORN CHICK'N

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.

DELICIOUSLY POPPIN'

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	1336kJ	15%	1336kJ
PROTEIN	21.0g	42%	21.0g
FAT, TOTAL	13.7g	20%	13.7g
- SATURATED	2.4g	10%	2.4g
CARBOHYDRATE	27.8g	9%	27.8g
- SUGARS	2.2g	2%	2.2g
SODIUM	810mg	41%	810mg
DIETARY FIBRE	1.4mg	5%	1.4mg
POTASSIUM	140mg	4%	140mg
		% RDI** (Per serve)	
CALCIUM	48mg	5%	48mg
IRON	18mg	100%	18mg
THIAMIN (VIT B1)	1.1mg	92%	1.1mg
RIBOFLAVIN (VIT B2)	0.83mg	64%	0.83mg
NIACIN	6.9mg	43%	6.9mg
VITAMIN B6	1.1mg	85%	1.1mg
VITAMIN B12	0.42µg	18%	0.42µg
PHOSPHORUS	200mg	20%	200mg
ZINC	19mg	136%	19mg

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



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