

LEMON 'N' HERB CHICK'N

ZESTY GOODNESS

INGREDIENTS:

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

CONTAINS: Soy & Wheat.

MAY CONTAIN: Traces of Nuts & Seeds

COOKING SUGGESTIONS



PAN FRY:

Once defrosted, add oil and cook on medium to high for 5-8 minutes or until crispy.

AIR FRY:



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

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

NUTRITIONAL INFORMATION

Servings per pack: 2

Serving size: 100g

	Avg. qty per 100g	% Daily Intake* (Per serve)	Avg. qty per serve
ENERGY	1026kJ	12%	1026kJ
PROTEIN	28.6g	57%	28.6g
FAT, TOTAL	11.6g	17%	11.6g
- SATURATED	2.1g	9%	2.1g
CARBOHYDRATE	6.5g	2%	6.5g
- SUGARS	1g	1%	1g
SODIUM	717mg	36%	717mg
DIETARY FIBRE	5.5mg	18%	5.5mg
POTASSIUM	100mg	3%	100mg
		% RDI** (Per serve)	
CALCIUM	48mg	5%	48mg
IRON	15mg	83%	15mg
THIAMIN (VIT B1)	1.2mg	100%	1.2mg
RIBOFLAVIN (VIT B2)	1.2mg	92%	1.2mg
NIACIN	6.6mg	41%	6.6mg
VITAMIN B6	1.2mg	92%	1.2mg
VITAMIN B12	0.75µg	31%	0.75µg
PHOSPHORUS	93mg	9%	93mg
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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