



# NO CHICKEN TENDERS

MF CODE: 8115 | APPROX. 62 G/PC | 16 PCS | 5 X 1 KG | 5 KG NET  
GOOD SOURCE OF PROTEIN ~ DELICIOUS





# No Chicken Tenders

MF Code: 8115 | 62 g/pc | 5 x 1 kg | 5 kg

- \* Good source of protein
- \* Vegan friendly
- \* Quick to cook
- \* Great for mains, appetizers & snacks



## Product Information

Code	Product	Pieces per pack	Pack Size
8115	No Chicken Tenders	16	5 x 1 kg

## Nutrition Information

Servings per pack: 8  
Serving size: Approx. 125 g (2 Tenders)

	Avg Qty per serving	Avg Qty per 100g
Energy	1390 kj	1110 kj
Protein	8.6 g	6.9 g
Fat -Total	16.0 g	13.5 g
-Saturated	7.0 g	5.6 g
Carbohydrate	34.3 g	27.4 g
Sugars	0.6 g	0.5 g
Sodium	973 mg	778 mg

**Ingredients:** Water, Flour (**Wheat**, Rice, Maize), Vegetable Oil, Vegetable Fibres (**Wheat**), Thickeners (1442, 464, 461, 1450), **Wheat** Protein, Glucose Syrup, Salt, Flavours, Yeast Extract, Pea Protein, **Wheat Gluten**, Dehydrated Vegetables, Herbs, Spices, Sugar, Mineral Salts (450, 500), Maltodextrin, Spice Extract, Yeast.

**Contains: Gluten, Wheat.**

Product of Australia

## COOKING INSTRUCTIONS:

Cooking times are a guide only and vary depending on appliance used. **Cook from frozen.**

### DEEP FRY:

Preheat oil to 180°C, cook for 4.5 minutes.

### OVEN BAKE:

Preheat fan forced oven to 190°C, cook for 8 minutes on each side.

**Storage:** Keep frozen at or below -18°C

**Frozen Shelf Life:** 24 Months from production.

Code	Inner Barcode	Outer Barcode	Inner Dimensions (LxWxH)	Outer Dimensions (LxWxH)
8115	9310389723287	19310389723284	330 x 230 x 30	369 x 264 x 153