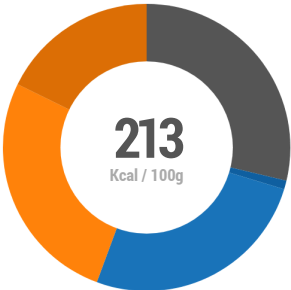


Oven Baked Chicken Strips

By Mauricio Cabrera

OVERVIEW ...

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CALORIES:

26.9% Carbs

28.7% Protein

44.4% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 148G SERVING	%RI
Energy(Kj)	894 kJ	11%	1325 kJ	16%
Energy(kcal)	213 kcal	11%	316 kcal	16%
Fat	10 g	14%	15 g	21%
of which saturates	4.2 g	21%	6.2 g	31%
Carbohydrate	14 g	5%	21 g	8%
of which sugars	0.5 g	1%	0.8 g	1%
Fibre	0.8 g	3%	1.1 g	4%
Protein	15 g	30%	22 g	44%
Salt	1 g	17%	1.5 g	25%

CONTAINS:



WHEAT



CELERY



SOYA

INGREDIENT LIST (QUID) ...

Meadow Vale Home Style Chicken 30 Crunchy Breaded Chicken Breast Strips 1kg Copy (94.5%) [Chicken Breast (63%), **Wheat** Flour, Water, Breadcrumbs (**Wheat** Flour, Salt, Yeast), Vegetable Oil (Palm, **Soya**), Modified Tapioca Starch, Salt, Maize Starch, **Wheat Gluten**, Raising Agents (Diphosphates, Sodium Carbonates), Spice Extracts (Paprika, Pepper), Stabilisers (Triphosphates), Yeast Extract, Garlic, Spices (Contains **Celery**), Dextrose, Onion], Limes (5.5%)

ALLERGY ADVICE: For allergens, see ingredients in **Bold**

