



Chicken Tenders



- No artificial colours ✓
- No artificial flavours ✓
- No preservatives ✓





Chicken Tenders

A truly versatile, yet quick and easy to prepare menu item. Chicken Tenders are natural whole muscle that boast the genuine Inghams chicken quality you can rely on for consistency - flavour that will keep your customers coming back for more. A healthier option supported by the Heart Foundation Tick these golden coated in a crunchy crumb, Inghams Chicken Tenders look appetising, present well and work with a great assortment of accompaniments.

Product description

Carton weight	4 kg
Inner Bag/Box weight	1 kg
Minimum meat content	62%

Nutritional information

Servings per pack approx. 10 • Avg. Serving size: 100g

		per serve	per 100g
Energy		849kJ	849kJ
Protein		14.9g	14.9g
Fat	total	9.2g	9.2g
	saturated	1.7g	1.7g
Carbohydrate	total	15.0g	15.0g
	sugars	1.7g	1.7g
Sodium		380mg	380mg

All values specified above are averages. All nutritional values will vary. Nutritional values should only be used as a general guide.



Ingredients

Contains gluten (wheat), milk and soy as indicated in bold.

Chicken (62%), water, flour (**wheat**, rice), starch (**wheat**), yeast, **wheat gluten**, salt, sugar, improver (**wheat**), acidity regulator (263), vegetable gums (418, 412), colours (100, 160c), vegetable oil (**soya**), spray dried fat powder (**soy, milk**), raising agents (500, 450), spice, spice extract, **wheat bran**, dried glucose syrup (**wheat**), dehydrated vegetables, natural flavour (**soy**), hydrolysed vegetable protein, yeast extract, mineral salt (451).

No artificial colours, flavours, or preservatives.

Product Code	Product Description	Approx Portion Weight Range	Approx Portion/kg	Number/ Carton	Net Weight	Carton/ Layer	Layers/ Pallet	Cartons/ Pallet
20846	FZN CHICKEN TENDERS	25-70g	14-40	4 X 1kg	4kg	12	7	84

Due to the nature of the raw material used, the portion weights are only an approximation and should be used as a guide only.

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Cooking instructions

Remove product from pack. Cook from frozen.

As appliances can vary, cooking times and temperatures may need to be adjusted accordingly.

Oven bake: Preheat oven to 200°C and cook for approx 15-20 minutes, turning once.

Shallow fry: Preheat a small amount of oil* to 170°C (medium heat) and cook Chicken Tenders for approx 10 minutes turning occasionally.

* Canola oil recommended.

Storage instructions

Keep frozen. Store at or below minus 18°C.

Once thawed do not refreeze

Shelf life

12 months from date of production.

This brochure was correct at the time of printing. Information in this brochure is subject to change without notice. All specified values are averages.