

**gftreets™**



# gluten free chicken strips

**handling instructions:** **Baking:** Preheat oven to 210C.  
**Place on baking tray and bake 6-7 minutes each side.**  
**Frying:** 3-4 minutes at 180C from frozen.

**storage instructions:** **Keep frozen. Store below minus 18°C.**  
**Once thawed, do not refreeze.**

**ingredients:** **Chicken(50%), Batter [rice flour, cornstarch, egg, salt, water, pepper, garlic powder], Animal fat.**

**average nutritional information:**

**Servings Per Package: 8**

**Serving Size: 46g**

	<b>Per Serve</b>	<b>Per 100g</b>
<b>Energy</b>	<b>556kJ</b>	<b>1236kJ</b>
<b>Protein</b>	<b>5.9g</b>	<b>13.1g</b>
- gluten	<b>0g</b>	<b>0g</b>
<b>Fat, total</b>	<b>7g</b>	<b>15.5g</b>
- saturated	<b>3g</b>	<b>6.6g</b>
<b>Carbohydrate</b>	<b>11.5g</b>	<b>25.6g</b>
- sugars	<b>0g</b>	<b>0g</b>
<b>Sodium</b>	<b>387mg</b>	<b>861mg</b>

**allergen information:** **Contains egg**



**Proudly manufactured by Golden Goose Foods Ltd,**  
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