

Chickenless Chunks

These pieces are perfect for curries, pizzas, salads, pasta dishes, and wraps. Thanks to their neutral flavour, they easily absorb herbs and marinades, performing well in any recipe.

claims • These Chickenless Pieces contain protein from soy and wheat • Vegetarian • High protein • High in iron • Source of vitamin B12

based on calculated value



Ingredients

Water, 19% vegetable protein (SOY, WHEAT), vegetable oils (sunflower, rapeseed in varying proportions), free range EGG white, WHEAT starch, spices, vinegar, natural flavouring, preservative (potassium acetates), acid (citric acid), salt, Iron, vitamin B12.

Nutrition value

| | 100 gram | Per portion (100g) | RDI/GDA |
|-----------------|----------|--------------------|---------|
| Energy | 662 kJ | 662kJ | 8 |
| Energy | 158 kcal | 158kcal | 8 |
| Total fat | 6.3g | 6.3g | 9 |
| saturated fat | 0.7g | 0.7g | 4 |
| Carbohydrates | 5.0g | 5.0g | 2 |
| of which sugars | 0.2g | 0.2g | |
| Fibres | 1.4g | 1.4g | |
| Proteins | 19g | 19g | 38 |
| Salt | 1.1g | 1.1g | 18 |
| iron | 9.20mg | 9.20mg | |
| vitamin B12 | 0.50mcg | 0.50mcg | |

Reference intake of an average adult (8400 kJ/2000 kcal).

* Recommended Daily Intake.

Method of preparation

Fry in pan : Heat oil in a pan and fry until golden brown, turn frequently. Thawned product: 2-4 min, high heat. Frozen product: 5-7 min, high heat.

Categories

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Allergens

Zonder

Milk, rye, fish, crustacean and shellfish, tree nuts, peanuts, sulphite, celery, sesame, lupine, mustard, molluscs, barley, oat, spelt, kamut, almond, hazelnuts, walnuts, cashewnut, pecan, Brazil nut, pistachio, macadamia nut

Aanwezig

Egg, soy, gluten containing grain, wheat

Packaging options



Consumer packaging

Chilled



Consumer box

Frozen



Foodservice box

2.5/3 kg | Frozen



Industry box

10 kg | Frozen