



## SPICY CHICKEN NUGGETS

### Cooking Instructions:

Preheat the oil on high flame (180°C), (If temperature gauge is not available, sprinkle some breadcrumbs in the hot oil, if it starts bubbling and frying immediately, the oil is hot). Once hot, immerse the frozen breaded product in the hot oil and reduce the heat to minimum. Fry for 3-4 minutes till the bread crumbs are golden brown. Remove and drain excess oil. Serve hot

### Nutrition facts :

Nutritional Information	Per 100g	Per Serving	% RDA, *Per serving
Energy(Kcal)	304	194.6	9.73
Proteing	10.6	6.8	13.57
TotalCarbohydrateg	18.7	12	4.35
TotalSugarsg	<0.5	<0.5	
AddedSugarsg	<0.5	<0.5	
TotalFatg	20.7	13.2	19.77
SaturatedFatg	5.22	3.3	15.19
PolyunsaturatedFatg	5.9	3.8	
MonounsaturatedFat	9.58	6.1	
TransFatg	0	0	0
Cholesterolmg	37.43	24	7.99
Sodiummg	816.6	522.6	

### Allergen Information

Contains Wheat, soy

### Ingredients Used

**Chicken (58%), Bread crumbs** (Refined wheat flour, sugar, iodized salt, yeast, spices & condiments),  
**Batter** (thickener (INS 1420), refined wheat flour, corn flour, soy flour, iodized salt, spice & condiments),  
**Predust** (Thickener (INS 1403), corn flour, Refined wheat flour, iodized salt, Raising agent (INS 500ii)),  
Refined Sunflower oil, Green Chilli, Onion, Ginger, Garlic, Pepper, Spice and Condiments,

