**BBQ Chicken Burger in a Bun**

Contains: **Gluten (Wheat), Soya**
May Contain: **Gluten (Oats), Milk, Gluten (Barley), Egg, Gluten (Rye), Sesame seeds**

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| **Product Code** | **Ingredient** | **Weight** |
| 149936 | Green Gourmet BBQ Raw Chicken Fillet Red Tractor 57g  | 1.14 kg |
| 4626 | Sliced Oval Bun  | 1.3 kg |

**Method:**

1. Place frozen fillet portions on to a lined baking tray and cover.
2. Cook in a pre-heated oven at 180°C for approximately 40 minutes.
3. Ensure product reaches a minimum core temperature of 75°C before consumption.
4. Defrost burger buns overnight.
5. At point of service place burger into a warmed bun and serve with ketchup.

As ovens vary it may be necessary to amend the cooking time.

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| **Population Group** | **Servings** | **Portion size** |
| Primary, 7-10 yrs | 20 | 108g |

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| **Nutrient per portion** | **H4 Jnr** | **Units** |
| Energy  | 230 | kcal |
| Fat  | 2.7 | g |
| SatFat  | 0.9 | g |
| Carb  | 33.0 | g |
| NMES  | 1.3 | g |
| Tot Sug  | 3.6 | g |
| Fibre  | 1.7 | g |
| Prot  | 17.4 | g |
| Iron  | 1.8 | mg |
| Calc  | 67.5 | mg |
| Vit A  | 0.0 | µg |
| Fol  | 37.1 | µg |
| Vit C  | 0.0 | mg |
| Sodium  | 466.3 | mg |
| Salt  | 0.0 | g |
| Zinc  | 1.1 | mg |