**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 |