

Korean Chicken Wings with Cornish Sea Salt Co. Garlic Salt

Ingredients

Product	Quantity
Buttermilk	300.00 g
Chicken Wings	1000.00 g
Sea Salt	17.00 g
Plain Flour	70.00 g
Gochujang Korean Chilli Paste	30.00 g
Soy Sauce	34.00 g
Garlic Salt	12.00 g
Sesame Oil	13.00 g
Dark Soft Brown Sugar	15.00 g
Limes	134.00 g
Spring Onions	45.00 g
Sesame Seeds	14.00 g

Serves: 4

Allergy Information

Key: Contains May Contain

Contains Cereal	Contains Milk	Does Not Contain Eggs	May Contain Peanuts	May Contain Nuts	Does Not Contain Crustaceans	Does Not Contain Mustard
Does Not Contain Fish	Does Not Contain Lupin	Contains Sesame	Does Not Contain Celery	Contains Soya	Does Not Contain Molluscs	May Contain SO2

Nuts:		Cereals:	
Almond Nuts:	May	Wheat:	Yes
Hazelnuts:	May	Rye:	No
Walnuts:	May	Spelt:	No
Cashew Nuts:	May	Oats:	No
Pecan Nuts:	May	Barley:	No
Brazil Nuts:	May	Kamut:	No
Pistachio Nuts:	May		

Dietary Information

Key: Suitable for

May not be suitable for Vegetarian	May not be suitable for Vegan	May not be suitable for Kosher	May not be suitable for Halal
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Label Information

Ingredients

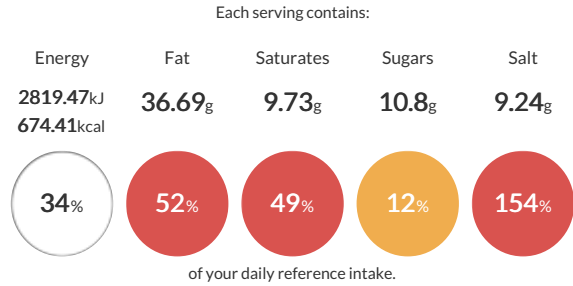
Chicken Wings (59%) (Chicken (100%)). **Buttermilk** (18%) (Skimmed **Milk**, Skimmed **Milk** Concentrate, Skimmed **Milk** Powder, **Milk** Protein Concentrate and Bacterial Starter Culture). Limes (8%) (Limes). Plain Flour (4%) (**WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin)). Spring Onions (3%) (Spring Onions 100%). **Soy** Sauce (2%) (Water, **SOYBEANS**, **WHEAT**, Salt). Gochujang Korean Chilli Paste (2%) (**WHEAT** Flour, Corn Syrup, Mixed Seasoning (Red Chilli Pepper Powder, Water, Salt, Garlic, Onion), Water, Salt, Red Chilli Pepper Powder, Ethyl Alcohol, Hydrolyzed Vegetable Protein (**WHEAT**)). Sea Salt (1%) (Sea Salt.). Dark Soft Brown Sugar (1%) (Sugar Cane Molasses Invert Sugars). **Sesame** Seeds (1%) (**Sesame** Seeds. For allergens, see ingredients in bold.). **Sesame** Oil (1%) (**SESAME** Oil 100%). Garlic Salt (1%) (Salt, garlic, magnesium carbonate (E504), rapeseed oil.).

Method & Recipe Notes

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Reference Intake



Nutritional Summary

Energy	2819.47kJ 674.41kCal
Protein	59.64g
Carbohydrates	25.72g
of which sugars	10.8g
Non Milk Extrinsic Sugars	0g
Fat	36.69g
of which saturates	9.73g
Fibre	0.78g
Salt	9.24g
Sodium	3.48g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg