



# Guidelines for cooking & serving Impossible™ Chicken Nuggets **Made From Plants** in your restaurant.

## How to **Cook** Impossible Nuggets

If you know how to cook nuggets from chicken, you already know how to cook Impossible Chicken Nuggets.

## Simple Storage & Handling

- Impossible Nuggets are perishable
- Should be **kept frozen at all times** and cooked before the indicated best before date
- Shelf Life is **15 months frozen**

## Cooking Instructions

Impossible Nuggets are **easy to prepare and quick to reheat**:

- Place frozen nuggets evenly across the fry basket
- For best results, **fry 185 °C for 2.5 Minutes**
- Nuggets are fully reheated when internal temperature reaches 71°C
- **Serve while hot** and fresh out of the fryer

## What are the key ingredients in Impossible Chicken Nuggets?

- Wheat Flour
- Soy
- Soybean Oil
- Sunflower Oil

**Are they vegan?** Impossible Chicken Nuggets are 100% animal-free and safe for vegans to eat, but they're really made for people who love eating meat — which is why we don't call them "vegan" or "faux."

If offering an Impossible™ menu item to a vegan customer, be sure to check with the kitchen staff on whether the dish can be prepared without animal products.

## Contact Us

Reach out anytime to:

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## How to **Talk** about Impossible Chicken Nuggets

Here's a training cheat sheet that covers the most common questions:

**What are Impossible Chicken Nuggets?** They are delicious, crispy, tender and made from plants for chicken lovers.

## Why should I try them?

- **Delicious:** Impossible™ Chicken Nuggets Made From Plants were preferred by US testers in a blind taste test 74% to 26% in a head to head comparison with animal chicken with animal chicken nuggets made by a leading US supplier<sup>1</sup>
- **Better for the planet:** Every time you eat Impossible Chicken Nuggets (instead of nuggets from a chicken produced in Australia) you use 44% less water, 36% less GHG emissions, and 49% less land.<sup>2</sup>
- **Nutrition:** Impossible Chicken Nuggets have 8.6g of protein per 70 g serving, 0mg of Cholesterol and 65% less saturated fat than Australian baked animal chicken nugget.<sup>3</sup>

NUTRITION INFORMATION			
Servings per package: 65			
Serving size: 70 g (4 nuggets)			
	Average Quantity per Serving	% Daily Intake* (per serving)	Average Quantity per 100g
Energy	752 kJ (180 kcal)	9%	1070 kJ (257 kcal)
Protein	8.6 g	17%	12.3 g
Fat, total	9.0 g	13%	12.8 g
-saturated	1.3 g	5%	1.9 g
-trans	0.0 g		0.0 g
-polyunsaturated	3.0 g		4.2 g
-monounsaturated	2.1 g		3.0 g
Carbohydrate	16.1 g	5%	22.9 g
-sugars	0.7 g	1%	1.0 g
Dietary fibre	1.4 g	5%	2.0 g
Sodium	349 mg	15%	498 mg
Potassium	393 mg		561 mg
		% RDI (per serving) <sup>†</sup>	
Iron	1.9 mg	16%	2.77 mg
Thiamin (Vitamin B1)	0.11 mg	10%	0.16 mg
Niacin	3.5 mg	35%	5.0 mg
Vitamin B6	0.17 mg	11%	0.24 mg
Vitamin B12	0.8 µg	40%	1.13 µg
Zinc	1.8 mg	15%	2.54 mg

\*Percentage of daily intakes are based on an average adult diet of 8700 kJ  
<sup>†</sup>Percentage recommended dietary intake (AU/NZ)

**Ingredients:** Water, Enriched **Wheat Flour** (**Wheat Flour**, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), **Soy Protein Concentrate**, **Soybean Oil**, Sunflower Oil, Yellow Corn Flour, Thickeners (461, 412), Salt, Potato Starch, Rice Flour, Cultured Dextrose, Flavour Enhancer (Glutamic Acid), Yeast Extract, Dextrose, **Wheat Gluten**, Modified Starch (1442 and/or 1412), Dehydrated Garlic, Corn Starch, Spices, Colours (160c, 100ii), Dehydrated Onion, Natural Flavours, Raising Agents (336, 500ii), **Wheat Starch**, Garlic Powder, Onion Powder, Maltodextrin, Dried Yeast, Tapioca Dextrin, Antioxidant (307b), Vitamins and Minerals (Zinc Gluconate, Ferric Phosphate, Niacin (Vitamin B3), Thiamine Hydrochloride (Vitamin B1), Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Vitamin B12).

**Contains: Soy, Gluten, Wheat**

1. Based on a blind taste test in Texas, US of 201 meat-eating consumers, many of whom also regularly eat plant-based products.

2. Impossible Nuggets AUS LCA (2023).

3. Australian animal chicken nuggets (baked) contain 3.5g of saturated fat per serving while Impossible Chicken Nuggets™ Made From Plants contain 1.2g of saturated fat per serving.