



## Apricot Chicken

Tender chicken in a vegetable casserole with apricot, chat potatoes, peas, corn and red capsicum.



### Ingredients

Chicken (26%), Potato, Mixed Vegetable (Peas, Corn, Capsicum), Onion, Apricot (9%), Apricot Nectar, Carrot, Stock [Dehydrated Vegetable, Thickener (1422), Salt, Flavour Enhancer (621,635), Hydrolysed Vegetable Protein (Soy, Maize), Sugar, Canola Oil, Colour (150d), Flavour, Vegetable Oil, Rice Flour, Yeast Extract, Spice Extract], Celery, Vinegar, Tapioca, Sugar, Parsley, Salt, Pepper, Thyme, Oil. CONTAINS: YEAST EXTRACT, SOY, SULPHITE

### Nutritional Details

	Regular Size 390g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	1548kj (371Cal)	397kJ (95Cal)
Protein:	30g	7.7g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	12.1g	3.1g
--Saturated:	3.1g	0.8g
Carbohydrates:	31.2g	8g
--Sugars:	9g	2.3g
Dietary Fibre:	7.8g	2g
Folate:	96.7ug (48% RDI)	24.8ug
Sodium:	254mg	65mg
Potassium:	959mg	246mg
Phosphorus:	301mg (30% RDI)	77mg

#### Disclaimer:

Nutrition analysis is prepared using our FOODWORKS© software system. Dinners carrying the Heart Friendly Tick have undergone laboratory testing and results for Saturated Fat, Trans Fat, Sodium, Energy, Protein and Fibre or Vegetable content are guaranteed to comply with the criteria. Clients and Health Professionals should use all other calculations as a guide only when recommending or choosing suitable dinners.