



## Asian Chicken

Tender sliced chicken with delicate flavours of 5 spice, lemon and ginger sauce. Enjoy with carrots, beans, white rice dotted with peas, corn and capsicum.

Chinese Five Spice contains cloves. These buds from an Indonesian evergreen tree are known to provide antioxidant, antiseptic and anti-inflammatory benefits.



## Ingredients

Chicken (25%), Rice (Rice, Peas, Corn, Capsicum), Asian Sauce (15%) (Water, Plum Sauce [Thickener (Corn) (1422), Food Acids (Acetic, Citric, Ascorbic), Colour (Caramel (150c)], Lemon Juice [Preservative (223), Antioxidant (300)], Chicken Stock Blend [Contains Flavour Enhancer 627, 631], Tapioca, Ginger, Soy Powder [Soy, Acidity Regulator (270)], Garlic, Lo Salt, Canola Oil, Chinese Five Spice Powder, Vegetable Gum (412)), Carrots, Beans, Parsley. CONTAINS SOY & SOY PRODUCTS & SULPHITE. MAY CONTAIN TRACES OF PEANUTS.

## Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1648kj (395Cal)	412kJ (99Cal)
Protein:	31.6g	7.9g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	10.8g	2.7g
--Saturated:	2g	0.5g
Carbohydrates:	38.8g	9.7g
--Sugars:	6.8g	1.7g
Dietary Fibre:	8g	2g
Sodium:	416mg	104mg
Potassium:	648mg	162mg
Phosphorus:	332mg (33% RDI)	83mg

### 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.