



## Butter Chicken

Delicious and mild butter chicken is served with an aromatic vegetable korma and fluffy white rice.



### Ingredients

Chicken (25%), Rice (23%), Condensed Milk, Potato, Korma Sauce [Water, Cashew Nuts (10%), Yoghurt (10%), Dried Onion, Tomato Paste, Canola Oil, Mixed Spices, Ginger, Garlic, Sugar, Salt, Food Acids (250,270)], Water, Onion, Butter Chicken Sauce (4.5%) [Water, Tomato Paste (32%), Sugar (7%), Spices, Canola Oil, Dried Onion, Salt, Garlic Ginger], Beans, Capsicum, Sweet Potato, Pumpkin, Carrot, Cauliflower, Peas, Celery, Tapioca, Salt, Pepper CONTAINS: MILK PRODUCTS, NUTS

### Nutritional Details

Nutritional Details	Regular Size 390g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1404kj (337Cal)	360kj (86Cal)
Protein:	12.1g	3.1g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	5.8g	1.5g
--Saturated:	1.6g	0.4g
Carbohydrates:	55.8g	14.3g
--Sugars:	19.5g	5g
Dietary Fibre:	5.8g	1.5g
Folate:	49.5ug (25% RDI)	12.7ug
Sodium:	1236mg	317mg
Potassium:	733mg	188mg
Phosphorus:	279mg (28% RDI)	72mg

#### 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.