



Chicken & Mushroom Puff Pastry Triangle

A plentiful filling of tasty chicken and mushroom.

Ingredients

Puff Pastry [Wheat Flour, Margarine (Vegetable Oils, Water, Salt, Emulsifier (471, 476, 322 from Soy), Food Acid (330), Flavour, Antioxidant (306 from Soy), Colour (160a), Dextrose, Sugar, Gluten, Mineral Salt (616), Raising Agents (500,450), Preservative (202), Maize Starch], Water, Chicken (10%), Egg, Semolina, Mushrooms (3%), Onions, Unsalted Butter [Milk Solids, Water], Milk Powder, Wheat Flour, Modified Maize Starch, Tasty Cheese [Milk, Salt, Culture, Enzyme, Anti-Caking Agent], Vegetable Stock Powder (Yeast Extract), Salt, Paprika, White Pepper. CONTAINS GLUTEN, MILK, EGG, SOY. MAY CONTAIN TRACES OF TREE NUTS, SESAME SEEDS, SULPHITES.

Nutritional Details

Nutritional Details	Regular Size 150g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1740kj (417Cal)	1160kJ (278Cal)
Protein:	34.2g	22.8g
Fat, Total:	20g	13.3g
--Saturated:	4.1g	2.7g
Carbohydrates:	35.8g	23.9g
--Sugars:	6.4g	4.3g
Dietary Fibre:	0.6g	0.4g
Folate:	34.5ug (17% RDI)	23ug
Sodium:	360mg	240mg
Potassium:	249mg	166mg
Phosphorus:	267mg (27% RDI)	178mg

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.