

## Chicken Cacciatore

With a sauce of tomato, oregano and olives this tender sliced chicken is served with potato wedges, baked carrots and green beans.



### Ingredients

Chicken (26%), Potatoes (26%), Beans, Carrots, Tomato, Olives, Zucchini, Onion, Capsicum, Celery, Tapioca, Garlic, Tomato Paste, Vinegar, Olive Oil, Paprika, Oregano, Parsley, Salt, Pepper.

### Nutritional Details

	Regular Size 390g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	1743kj (418Cal)	447kJ (107Cal)
Protein:	28.9g	7.4g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	18.3g	4.7g
--Saturated:	5.1g	1.3g
Carbohydrates:	30.4g	7.8g
--Sugars:	7.8g	2g
Dietary Fibre:	7.8g	2g
Folate:	105.3ug (53% RDI)	27ug
Sodium:	257mg	66mg
Potassium:	1318mg	338mg
Phosphorus:	341mg (34% RDI)	88mg

#### 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.