



## Chicken Casserole

Traditional hearty casserole with chicken pieces, served with creamy potato mash, peas and sweet potato.



### Ingredients

Chicken (28%), Potato, Peas, Onion, Sweet Potato, Tomato, Carrot, Mushroom, Tomato Paste, Oil, Tapioca, Water, Garlic, Basil, Parsley, Oregano, Milk, Salt, Pepper. CONTAINS: DAIRY, MUSHROOMS

### Nutritional Details

Nutritional Details	Regular Size 380g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1425kJ (342Cal)	375kJ (90Cal)
Protein:	27g	7.1g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	10.3g	2.7g
--Saturated:	3g	0.8g
Carbohydrates:	30.4g	8g
--Sugars:	9.5g	2.5g
Dietary Fibre:	8g	2.1g
Folate:	87.8ug (44% RDI)	23.1ug
Sodium:	399mg	105mg
Potassium:	1003mg	264mg
Phosphorus:	294mg (29% 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.