



## Chicken Curry Mild

Tender chicken pieces in a mild curry sauce with fluffy rice, sultanas, tender broccoli and carrots.



### Ingredients

Chicken (28%), Rice, Broccoli, Carrot, Onion, Zucchini, Peas, Sultanas, Coconut, Tapioca, Capsicum, Almonds, Curry Paste (0.5%) [Green Chilli, Lemongrass, Garlic, Salt, Galangal, Shrimp paste {Shrimp, Salt}, Kaffir Lime Peel, Coriander Seed, Pepper, Cumin, Turmeric], Fish Sauce, Oil, Curry Powder (0.03%) [Coriander, Turmeric, Fenugreek, Cumin, Salt, Ginger, Garlic Powder, Chilli], Salt. CONTAINS: NUTS (ALMONDS), COCONUT, CRUSTACEAN/FISH PRODUCTS

### Nutritional Details

Nutritional Details	Regular Size 390g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1739kj (417Cal)	446kJ (107Cal)
Protein:	27.7g	7.1g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	14g	3.6g
--Saturated:	3.9g	1g
Carbohydrates:	40.6g	10.4g
--Sugars:	15.6g	4g
Dietary Fibre:	7g	1.8g
Folate:	98.3ug (49% RDI)	25.2ug
Sodium:	324mg	83mg
Potassium:	764mg	196mg
Phosphorus:	290mg (29% RDI)	74mg

#### 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.