



## Chicken Parmigiana

Succulent chicken with a tasty tomato and basil sauce topped with mozzarella cheese, served with potato and spinach mash, sweet potato and corn.



### Ingredients

Chicken (25%), Potato, Sweet Potato, Tomato, Corn, Spinach, Onion, Cheese, Milk, Oil, Garlic, Basil, Oregano, Salt, Pepper, Nutmeg. CONTAINS: MILK PRODUCTS, CORN.

### Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1764kj (423Cal)	441kJ (106Cal)
Protein:	31.6g	7.9g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	15.6g	3.9g
--Saturated:	5.2g	1.3g
Carbohydrates:	34.8g	8.7g
--Sugars:	8.4g	2.1g
Dietary Fibre:	6.4g	1.6g
Folate:	89.6ug (45% RDI)	22.4ug
Sodium:	204mg	51mg
Potassium:	984mg	246mg
Phosphorus:	404mg (41% RDI)	101mg

#### 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.