



Chicken Satay (Nut Free)

Aromatic nut free Satay sauce complements sliced chicken, served with white rice, beans, carrots and diced corn.

Sunflower seeds are rich in B complex vitamins that are essential for a healthy nervous system. They are also a good source of phosphorus, magnesium, iron, calcium, potassium, protein and vitamin E.



Ingredients

Chicken (25%), Rice, Satay Sauce (18%) [Water, Sunflower Seeds, Carrots, Onions, Capsicum, Tomatoes (Citric acid (330)), Coconut Milk Powder (contains Maltodextrin (Corn), Milk, Milk Protein), Lemon Juice (Preservative (223), Antioxidant (330)), Textured Vegetable Protein Granules (Soy Flour), Ginger, Garlic, Sugar, Thickener (Corn) (1422), Beef Stock (contains Soy, Flavour Enhancer (627, 631)), Tapioca, Canola Oil, Lo Salt, Turmeric, Cumin, Chilli Powder, Paprika, 5 Spice Powder, Black Pepper], Beans, Carrots, Corn. CONTAINS MILK PRODUCTS, SOY, SULPHITE.

Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	2160kj (518Cal)	540kJ (129Cal)
Protein:	34.8g	8.7g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	18.8g	4.7g
--Saturated:	3.6g	0.9g
Carbohydrates:	48.8g	12.2g
--Sugars:	7.2g	1.8g
Dietary Fibre:	8g	2g
Sodium:	332mg	83mg
Potassium:	744mg	186mg
Phosphorus:	392mg (39% RDI)	98mg

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.