



Chicken Schnitzel

Tender chicken fillets lightly crumbed, served with seasonal baked vegetables and gravy.

Ingredients

Ingredients: Chicken (36%) [Chicken Breast Meat (Min. 43%), Water, Wheat Flour, Soy Flour, Vegetable Oil, Breadcrumbs (Unbleached Wheat Flour, Vegetable Oil, Salt, Sugar, Yeast, Soy Flour, Whey Powder, Emulsifiers (471,481), Colours (102,110)], Salt, Dextrose, Castor Sugar, Starch, Hydrolysed Vegetable Protein (Soybean), Vegetable Powders, Anti Caking Agent (554), Flavour Enhancer (635), Mineral Salts (508), Spices], Gravy [Thickeners (1422, 415), Tapioca Starch, Milk Solids, Dehydrated Vegetables, Salt, Hydrolysed Vegetable Protein (Maize), Vegetable Oils, Colours (150d, 101), Glucose, Acidity Regulator (330), Mineral Salts (340, 451), Emulsifiers (471, 472e), Rice Flour, Spice Extract], Potatoes, Beans, Pumpkin, Sweet Potato, Parsnip, Parsley Oil, Salt, Pepper, Paprika. CONTAINS: GLUTEN, SOY, YEAST, MILK, SULPHITE. Vegetable varieties are subject to seasonal changes and inclusions may vary with each batch.

Nutritional Details

| Nutritional Details | Regular Size 390g Per Serve | |
|---------------------|------------------------------|---------------------------|
| | Average Quantity per Serving | Average Quantity per 100g |
| Energy: | 1482kj (355Cal) | 380kJ (91Cal) |
| Protein: | 26.9g | 6.9g |
| Fat, Total: | 6.2g | 1.6g |
| --Saturated: | 2.3g | 0.6g |
| Carbohydrates: | 45.6g | 11.7g |
| --Sugars: | 9.4g | 2.4g |
| Dietary Fibre: | 5.5g | 1.4g |
| Folate: | 69.8ug (35% RDI) | 17.9ug |
| Sodium: | 1318mg | 338mg |
| Potassium: | 1162mg | 298mg |
| Phosphorus: | 372mg (37% RDI) | 95mg |

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.