



Chicken Stroganoff

Tender diced chicken with mushroom in a creamy stroganoff sauce, potato and parsnip mash, carrots, peas, beans and broccoli.



Ingredients

Chicken (24%), Potato, Parsnip, Onion, Carrots, Broccoli, Peas, Beans, Milk, Cream of Mushroom Soup Base [Water, Mushrooms (12%), Wheat Flour, Canola Oil, Maize Starch, Salt, Cream (from milk), Milk Solids, Soy Protein, Sugar, Flavours (nature identical and natural (contains milk products and wheat), Yeast Extract, Food Colour (Caramel 111 (from wheat))], Cream of Celery Soup Base [Water, Celery (20%), Wheat Flour, Canola Oil, Maize Starch, Cream (from milk), Salt, Sugar, Soy Protein, Milk Solids, Natural Flavours (contains soy), Food Colour (Beta Carotene)], Mustard, Tomato Paste, Salt, Paprika, Pepper CONTAINS: MILK PRODUCTS, GLUTEN, MUSHROOMS, CORN, SOY, YEAST

Nutritional Details

Nutritional Details	Regular Size 380g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1338kj (321Cal)	352kJ (84Cal)
Protein:	24.3g	6.4g
Fat, Total:	11.8g	3.1g
--Saturated:	3.4g	0.9g
Carbohydrates:	25.8g	6.8g
--Sugars:	3.8g	1g
Dietary Fibre:	6.1g	1.6g
Folate:	108.3ug (54% RDI)	28.5ug
Sodium:	528mg	139mg
Potassium:	984mg	259mg
Phosphorus:	343mg (34% RDI)	90mg

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.