



Chicken Tagine

Subtle Moroccan spices flavour tender chicken pieces. Complemented by cous cous with sultanas, sweet potato and beans.

Cinnamon is a spice that can aid in improving blood circulation. It can also improve digestive health and relieve common stomach discomforts.



Ingredients

Tagine (50%) [Chicken (29%), Onions, Tinned Tomatoes, Cinnamon, Spices, Prune Juice, Garlic, Ginger, Paprika, Chilli], Cous Cous [Cous Cous, Water, Sultanas, Vegetable Stock (Sea Salt, Corn/Maize Maltodextrin, Cane Sugar, Yeast Extract, Dehydrated Vegetables (Onion, Celery, Garlic, Spinach), Natural Vegetable Flavours, Disodium Guanylate & Inosinate, Canola Oil, Chilli), Parsley, Oil, Salt, Pepper], Sweet Potatoes, Beans, Parsley. CONTAINS GLUTEN

Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1704kJ (409Cal)	426kJ (102Cal)
Protein:	35.6g	8.9g
Fat, Total:	13.2g	3.3g
--Saturated:	4g	1g
Carbohydrates:	35.2g	8.8g
--Sugars:	16.8g	4.2g
Dietary Fibre:	12g	3g
Sodium:	460mg	115mg
Potassium:	988mg	247mg
Phosphorus:	348mg (35% RDI)	87mg

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.