



Economy - Chicken Cajun Casserole

Chicken mildly spiced with paprika, served with herb-infused rice and tender green beans.



Ingredients

Ingredients: Chicken (21%), Green beans, Water, Rice, Potato, Onion, Capsicum, Green peas, Canola oil, Tapioca Starch, Tomato paste, Maize starch, Salt, Creole spice (0.2%), Gravy (Potato Starch, Dextrose, Yeast extract, Salt, Hydrolysed vegetable protein (Soy, Maize), Colour (150a), Vegetable Powder, Flavouring, Spice), Onion flakes, Vegetable gums (412, 415), Mixed herbs. THIS MEAL CONTAINS SOY PRODUCTS, YEAST

Nutritional Details

Nutritional Details	Regular Size 360g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1225kj (294Cal)	340kJ (82Cal)
Protein:	21.6g	6g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	7.2g	2g
--Saturated:	1.3g	0.3g
Carbohydrates:	36.6g	10.2g
--Sugars:	2.6g	0.7g
Dietary Fibre:	4.1g	1.1g
Folate:	68.9ug (34% RDI)	19.1ug
Sodium:	106mg	29mg
Potassium:	432mg	120mg
Phosphorus:	235mg (23% RDI)	65mg

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.