



Economy - Chicken Chasseur

Appetising chicken casserole in a tomato and mushroom sauce with seasoned potatoes, carrots and peas.



Ingredients

Ingredients: Potato, Chicken (19%), Carrots, Green peas, Water, Tomato, Mushrooms (6%), Onion, Canola oil, Tapioca Starch, Tomato paste, Gravy (Potato starch, Dextrose, Yeast extract, Salt, Hydrolysed vegetable protein (Soy, Maize), Colour (150a), Vegetable powder, Flavouring, Spice), Garlic, Salt, Parsley, Black pepper, Vegetable gums (412, 415), Mixed herbs, White pepper. THIS MEAL CONTAINS SOY PRODUCTS, MUSHROOMS.

Nutritional Details

Nutritional Details	Regular Size 360g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1062kJ (255Cal)	295kJ (71Cal)
Protein:	21.2g	5.9g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	8.3g	2.3g
--Saturated:	1.3g	0.3g
Carbohydrates:	21.6g	6g
--Sugars:	5.8g	1.6g
Dietary Fibre:	6.2g	1.7g
Folate:	81.8ug (41% RDI)	22.7ug
Sodium:	319mg	88mg
Potassium:	849mg	236mg
Phosphorus:	234mg (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.