



## Mango Chicken Curry

With subtle mango flavour, this mild chicken curry is served with fluffy white rice, beans and broccoli.



### Ingredients

Chicken (25%), Rice, Beans, Mango (8%), Broccoli, Onions, Sweet Potato, Capsicum, Coconut, Water, Sultanas, Vinegar, Curry Powder (2.4%) [Coriander, Turmeric, Fenugreek, Cumin, Salt, Ginger, Garlic Powder, Chilli], Garlic, Ginger, Cumin, Coriander, Salt, Oil, Pepper. CONTAINS: COCONUT, SULPHITES.

### Nutritional Details

Nutritional Details	Regular Size 380g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1642kj (394Cal)	432kJ (104Cal)
Protein:	24.7g	6.5g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	12.9g	3.4g
--Saturated:	4.9g	1.3g
Carbohydrates:	40.3g	10.6g
--Sugars:	9.1g	2.4g
Dietary Fibre:	7.6g	2g
Folate:	88.2ug (44% RDI)	23.2ug
Sodium:	266mg	70mg
Potassium:	589mg	155mg
Phosphorus:	235mg (24% RDI)	62mg

#### 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.