



Pineapple Chicken

Succulent chicken sautéed with pineapple pieces served with special rice, broccoli and carrots.



Ingredients

Chicken (25%), Rice, Onion, Broccoli, Capsicum, Carrot, Pineapple (4%), Mushroom, Peas, Ham, Soy Sauce, Tomato Sauce, Tapioca, Oil, Vinegar, Garlic, Salt, Pepper. CONTAINS: SOY, MUSHROOMS.

Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1468kJ (352Cal)	367kJ (88Cal)
Protein:	29.6g	7.4g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	8g	2g
--Saturated:	2.4g	0.6g
Carbohydrates:	35.2g	8.8g
--Sugars:	8.8g	2.2g
Dietary Fibre:	9.2g	2.3g
Folate:	84.8ug (42% RDI)	21.2ug
Sodium:	608mg	152mg
Potassium:	468mg	117mg
Phosphorus:	312mg (31% RDI)	78mg

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.