



Roast Chicken with Gravy

Juicy, boneless roast chicken thigh fillet (skinless) with roast potatoes, roast sweet potatoes, peas and gravy



Ingredients

Chicken (25%), Potato, Gravy (15%) [Thickeners (1422, 415), Tapioca Starch, Milk Solids, Dehydrated Vegetables, Salt, Hydrolysed Vegetable Protein (Maize), Vegetable Oils, Colours (150d, 101), Glucose, Acidity Regulator (330), Mineral Salts (340, 451), Emulsifiers (471, 472e), Rice Flour, Spice Extract], Sweet Potato, Peas, Oil, Paprika, Salt, Pepper. CONTAINS: MILK PRODUCTS, SULPHITE.

Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1688kj (405Cal)	422kJ (101Cal)
Protein:	31.6g	7.9g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	13.2g	3.3g
--Saturated:	3.6g	0.9g
Carbohydrates:	36g	9g
--Sugars:	8.4g	2.1g
Dietary Fibre:	6.8g	1.7g
Folate:	92ug (46% RDI)	23ug
Sodium:	476mg	119mg
Potassium:	1196mg	299mg
Phosphorus:	444mg (45% RDI)	111mg

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.