



Sweet & Sour Chicken

Tender chicken pieces sautéed with carrots, capsicum and pineapple in a traditional sweet and sour sauce, served with white rice, beans and cauliflower.



Ingredients

INGREDIENTS: Sweet & Sour Chicken (50%) [Chicken (59%) Water, Pineapple, Capsicum, Onion, Carrots, Pineapple Juice, Tomato Sauce, Red Colouring (E124), Vegetable Oil, Modified Maize Starch (1422), Salt, Vinegar, Tomato Paste, Castor Sugar, Kecap Manis (Soy), Garlic], Rice, Green Beans, Cauliflower. CONTAINS: GLUTEN AND SOY PRODUCTS.

Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1484kj (356Cal)	371kJ (89Cal)
Protein:	26.8g	6.7g
Fat, Total:	8.8g	2.2g
--Saturated:	2g	0.5g
Carbohydrates:	39.2g	9.8g
--Sugars:	8.8g	2.2g
Dietary Fibre:	4.8g	1.2g
Folate:	50ug (25% RDI)	12.5ug
Sodium:	228mg	57mg
Potassium:	748mg	187mg
Phosphorus:	400mg (40% RDI)	100mg

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.