



## Butter Chicken

Delicious and mild butter chicken is served with an aromatic vegetable korma and fluffy white rice.

Our Butter Chicken is low in fat and calories which is a bonus for such a creamy curry. Filled with flavour, this Diabetes approved meal is a great meal choice.



### Ingredients

Butter Chicken (38%) [Chicken (20%), Sauce (13%) (Tomatoes, Ginger, Garlic, Chilli Powder, Garam Masala, Coriander Powder, Spices), Evaporated Milk, Onions, Water, Skim Milk, Tapioca, Salt], Vegetable Korma (38%) [Potatoes, Pumpkin, Carrots, Peas, Sauce (Cashews, Ginger, Garlic, Spices, Onion, Tomato, Chilli Powder, Garam Masala, Coriander Powder), Onions, Skim Milk, Beans, Cauliflower, Evaporated Milk, Water, Capsicum, Sweet Potatoes, Celery, Tapioca, Oil, Salt, Pepper], Rice, Cumin. CONTAINS MILK, CASHEWS. MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/BONE FRAGMENTS.

### Nutritional Details

Nutritional Details	Regular Size 390g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1689kj (405Cal)	433kJ (104Cal)
Protein:	25.3g	6.5g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	10.5g	2.7g
--Saturated:	3.1g	0.8g
Carbohydrates:	49.5g	12.7g
--Sugars:	9g	2.3g
Dietary Fibre:	5.1g	1.3g
Sodium:	526mg	135mg
Potassium:	998mg	256mg
Phosphorus:	307mg (31% RDI)	79mg

#### 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.