



Chicken Parmigiana - NEW

Your classic chicken parma served up with potato wedges and green beans topped with grated cheese.

Ingredients

Chicken Schnitzel (30%) (Chicken (45%), Coasting (Wheat Flour, Salt, Sugar, Yeast, Soy Protein, Vegetable Powders, Canola Oil, Anti-Caking Agent (341), Spices, Hydrolysed Vegetable Protein (Maize), Flavouring), Water, Canola Oil), Potato Wedges (25%) (Potato (24%) (Preservative (220)), Canola Oil, Low Sodium Salt (Potassium Chloride), Smoked Paprika, Onion Powder, Garlic Powder, Pepper), Green Bean (23%), Napoletana Sauce (18%) (Water, Tomato Pulp (Crushed Tomatoes, Tomato Juice, Acidity Regulator (330)), Tomato Paste (Acidity Regulator (330)), Onion, Sugar, Tapioca Starch, Garlic, Vegetable Protein Extract (Soy, Maltodextrin (Corn)), Salt, Canola Oil, Pepper, Basil, Mixed Herbs), Mozzarella Cheese (3.5%) (Milk, Anti-Caking Agent (460), Preservative (200)), Parmesan Cheese (1.5%) (Milk, Anti-Caking Agent (Tapioca Starch), Preservative (200)).

CONTAINS GLUTEN, WHEAT, MILK, SOY.

Nutritional Details

Nutritional Details	Regular Size 350g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1904kj (457Cal)	544kJ (130Cal)
Protein:	22.1g	6.3g
Fat, Total:	22.3g	6.4g
--Saturated:	4.4g	1.3g
Carbohydrates:	37.6g	10.7g
--Sugars:	7.2g	2g
Dietary Fibre:	7.7g	2.2g
Sodium:	742mg	212mg
Potassium:	770mg	220mg

Disclaimer:

Nutrition analysis is prepared using our FOODWORKS® software system. To ensure dietary requirements are met, all nutritional claims are supported and reviewed independently. Meals are portion controlled to assist with healthy weight management.