



Chicken Schnitzel - NEW

A crispy chicken schnitzel with creamy potato mash, peas and gravy.

Ingredients

Chicken Schnitzel (34%) (Chicken (45%), Coating (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 Mash (29%) (Potato (19%) (Preservative (220)), Water, Skim Milk Powder (Milk Solids), Tapioca Starch, Low Sodium Salt (Potassium Chloride), Salt, Pepper), Gravy Mix (14%) (Water, Gravy (Modified Tapioca Starch (1442)), Natural Flavours, Maize Maltodextrin, Modified Starch (1422), Tomato Paste (Acidity Regulator (330))), Carrot (11%), Peas (11%).

CONTAINS GLUTEN, WHEAT, MILK. SOY.

Nutritional Details

Nutritional Details	Regular Size 350g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1988kj (477Cal)	568kJ (136Cal)
Protein:	22g	6.3g
Fat, Total:	19.9g	5.7g
--Saturated:	1.9g	0.5g
Carbohydrates:	48.9g	14g
--Sugars:	7g	2g
Dietary Fibre:	5.7g	1.6g
Sodium:	822mg	235mg
Potassium:	861mg	246mg

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.