



Economy - Chicken Chasseur

Appetising chicken casserole in a tomato and mushroom sauce with seasoned potatoes, carrots and peas.

Garlic contains a compound called Allicin, which is believed to have many health benefits including reducing the severity of common illnesses like the flu and the common cold.



Ingredients

Potato (27%) (Preservative (220) (Sulphite)), Chicken Breast (23%), Carrots (13%), Peas (13%), Crushed Tomatoes (contains Citric Acid (330)), Mushrooms, Onions, Canola Oil, Tomato Paste, Tapioca, Lo Salt Gravy Mix (contains Soy, Colour (150a)), Garlic, Lo Salt, Pepper, Dried Parsley, Vegetable Gums (412, 415), Dried Mixed Herbs. CONTAINS SOY & SULPHITES.

Nutritional Details

Nutritional Details	Regular Size 360g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1278kj (306Cal)	355kJ (85Cal)
Protein:	27.4g	7.6g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	7.9g	2.2g
--Saturated:	1.4g	0.4g
Carbohydrates:	27g	7.5g
--Sugars:	8.3g	2.3g
Dietary Fibre:	7.9g	2.2g
Sodium:	428mg	119mg
Potassium:	1044mg	290mg

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.