



Economy - Red Curry Chicken

This Thai-style chicken casserole has an authentic spicy red curry and coconut cream sauce, served with fluffy rice, sweet raisins and carrots.

Raisins are filled with fibre, potassium, iron and other essential nutrients and are free from saturated fat and cholesterol.



Ingredients

Raisin Rice (28%) (Water, White Rice, Raisins, Canola Oil, Lo Salt), Carrots (26%), Chicken Breast (25%), Pumpkin (11%), Crushed Tomatoes (contains Citric Acid (330)), Onions, Coconut Milk Powder (contains Maltodextrin (Corn), Milk Protein), Modified Corn Starch (1422), Tapioca, Soy Protein Isolate, Canola Oil, Lemon Juice (contains Preservative (223 (Sulphites)), Antioxidant (300)), Chicken Stock Blend (contains Flavour Enhancers (627, 631)), Ground Paprika, Ground Coriander, Chilli Powder, Ground Cumin, Ginger (contains Food Acid (260), Preservative (202), Vegetable Gums (415, 412)), Garlic, Turmeric Powder, Curry Leaves, Vegetable Gum (415), Pepper, Kaffir Lime Leaves. CONTAINS MILK, SOY & SULPHITES.

Nutritional Details

Nutritional Details	Regular Size 360g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1516kj (363Cal)	421kJ (101Cal)
Protein:	25.9g	7.2g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	9.7g	2.7g
--Saturated:	1.1g	0.3g
Carbohydrates:	38.9g	10.8g
--Sugars:	12.2g	3.4g
Dietary Fibre:	6.5g	1.8g
Sodium:	302mg	84mg
Potassium:	727mg	202mg

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.