



Hawaiian Chicken

Crumbed chicken topped with homemade tomato sauce, pineapple and mozzarella cheese, with potato wedges, peas and beans. A very tasty meal that is hearty and sure to satisfy with its delicious flavours.

Ingredients

Chicken Schnitzel (38%) [Chicken Breast, Water, Soy, Wheat Flour, Soy Protein, Breadcrumbs (Wheat Flour, Water, Rye Flour, Humectant (422), Yeast, Salt, Vinegar, Canola Oil, Sugar, Xanthan Gum (415), Malt Barley Flour, Antioxidant (300), Enzymes, Preservative (282), Colours (160a, 102, 110), Thiamine, Folate), Salt, Sugar, Flavour (Thermal Processing Flavour, Yeast Extract, Sugar, Rapeseed Oil, Flavour Enhancers 627, 631)), Rice Bran Oil, Vegetable Powder, Mineral Salt (508), Liquid Flavours, Herbs, Spices), Wedges (Potato Wedges, Paprika, Salt, Pepper], Sauce [Tomatoes, Onions, Olive Oil, Basil, Garlic, Oregano], Green Beans, Peas, Pineapple (6%), Mozzarella Cheese (Milk). CONTAINS GLUTEN, WHEAT, RYE, BARLEY, MILK, SOY. MAY CONTAIN PEANUTS, TREE NUTS . WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/BONE FRAGMENTS.

Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	2292kj (550Cal)	573kJ (137Cal)
Protein:	38g	9.5g
Fat, Total:	22.8g	5.7g
--Saturated:	6.8g	1.7g
Carbohydrates:	44.8g	11.2g
--Sugars:	10.4g	2.6g
Dietary Fibre:	6.8g	1.7g
Sodium:	768mg	192mg
Potassium:	1056mg	264mg

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.