



Moroccan Chicken

Subtle Moroccan spices flavour tender chicken pieces. Complemented by lentil and onion rice, sweet potatoes and beans.

Cinnamon is a spice that can aid in improving blood circulation. It can also improve digestive health and relieve common stomach discomforts.



Ingredients

Moroccan Chicken (50%) [Chicken (32%), Onions, Tomato Puree, Prune Juice, Moroccan Spices, Garlic, Ginger, Cinnamon, Oil, Paprika, Cornflour, Salt, Chilli, Pepper], Lentil Rice [White Rice, Onions, Lentils, Canola Oil], Sweet Potatoes, Beans, Parsley.

Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1980kj (475Cal)	495kJ (119Cal)
Protein:	40g	10g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	14.8g	3.7g
--Saturated:	4.4g	1.1g
Carbohydrates:	41.2g	10.3g
--Sugars:	9.2g	2.3g
Dietary Fibre:	8g	2g
Sodium:	476mg	119mg
Potassium:	1068mg	267mg
Phosphorus:	404mg (38% RDI)	101mg

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.