



## Special Fried Rice

A generous serve of flavoursome fried rice with vegetables and bacon pieces.



### Ingredients

Water, White Rice, Chicken Stock Powder (Sea Salt, Rice Flour, Maize Maltodextrin, Cane Sugar, Yeast Extract, Natural Vegetable Flavours, Dehydrated Onion, Disodium Guanylate & Inosinate, Canola Oil, Chilli), Carrots, Corn, Ham, Peas, Eggs, Oyster Sauce (Water, Sugar, Salt, Oyster Extract (6%), Thickener (1422), Rice Flour, Caramel (150A), Oyster Flavour, Food Acid (270), Yeast Extract, Vegetable Gum (415)), Soy Sauce (Water, Soybeans (16%), Wheat, Salt, Alcohol (6.5% alcohol v/v), Sugar, Food Acids (262, 270, 260)), Ginger, Garlic Paste (Garlic, Salt), Onion Powder, Oil, Salt, Shallots. CONTAINS WHEAT, GLUTEN, SOY, EGGS, MOLLUSC (OYSTER), FISH PRODUCTS. MAY CONTAIN PEANUTS, TREE NUTS. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/BONE FRAGMENTS.

### Nutritional Details

Nutritional Details	Regular Size 300g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1050kj (252Cal)	350kJ (84Cal)
Protein:	9g	3g
Fat, Total:	10.5g	3.5g
--Saturated:	1.2g	0.4g
Carbohydrates:	29.1g	9.7g
--Sugars:	2.2g	0.7g
Dietary Fibre:	2g	0.7g
Sodium:	705mg	235mg
Potassium:	177mg	59mg

#### 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.