



Chicken & Apricot Casserole

This tender chicken casserole is complemented by the sweetness of apricots and served with baked vegetables.

The impressive health benefits of apricots are due to the wide range of nutrients present in them. Good for the skin and rich in fibre, apricots are a treasure chest of plant antioxidants and vitamins like beta-carotene and Vitamins C E and K.



Ingredients

Casserole (48%) [Chicken (25%), Onions, Apricots and Nectar (9%), Carrots, Celery, Cornflour, Soup Mix (Dehydrated Vegetable (Onions), Thickener (1422), Salt, Flavour Enhancer (621, 635), Hydrolysed Vegetable Protein (Maize), Sugar, Flavours (Soy), Canola Oil, Colour (150d), Rice Flour, Maltodextrin (Maize), Yeast Extract, Spice Extract), White Vinegar, Tomato Sauce, Parsley, Salt, Pepper, Thyme], Potatoes, Pumpkin, Carrots, Beans, Sweet Potatoes, Paprika. CONTAINS SOY, SULPHITES.

Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1412kj (339Cal)	353kJ (85Cal)
Protein:	26.8g	6.7g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	11.2g	2.8g
--Saturated:	3.2g	0.8g
Carbohydrates:	29.2g	7.3g
--Sugars:	10.8g	2.7g
Dietary Fibre:	6g	1.5g
Folate:	84ug (42% RDI)	21ug
Sodium:	400mg	100mg
Potassium:	1348mg	337mg
Phosphorus:	264mg (26% RDI)	66mg

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.