



Chicken Casserole

Traditional hearty casserole with chicken pieces, served with creamy potato mash, peas and sweet potato.

Chicken is not only a good source of protein but is also packed with vitamins and minerals. B vitamins are a class of water-soluble vitamins that play important roles in cell metabolism.



Ingredients

Chicken Casserole (52%) (Chicken (28%), Onion, Tomato, Carrot, Mushrooms, Tomato Paste (Concentrated Tomato, Salt), Tapioca, Garlic, Water, Salt, Oil, Pepper, Parsley, Basil, Oregano), Potato Mash (Potatoes, Skim Milk, Tapioca, Salt, Pepper), Peas, Sweet Potato.

CONTAINS MILK. MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/ BONE FRAGMENTS.

Nutritional Details

Nutritional Details	Regular Size 380g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1501kj (360Cal)	395kJ (95Cal)
Protein:	30g	7.9g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	12.2g	3.2g
--Saturated:	3.4g	0.9g
Carbohydrates:	28.1g	7.4g
--Sugars:	9.1g	2.4g
Dietary Fibre:	7.6g	2g
Folate:	87.8ug (44% RDI)	23.1ug
Sodium:	441mg	116mg
Potassium:	984mg	259mg
Phosphorus:	312mg (31% RDI)	82mg

Disclaimer:

Nutrition analysis is prepared using our FOODWORKS© software system. To ensure dietary requirements are met, all nutritional claims are supported and reviewed independently. Meals are portion controlled to assist with healthy weight management.