



Chicken Curry Mild

Tender chicken pieces in a mild curry sauce with fluffy rice, sultanas, tender broccoli and carrots.

A healthy serve of protein can assist to stay fuller for longer and love it or hate it - broccoli is an incredibly healthy vegetable, loaded with vitamin C, vitamin K, fibre and potassium.



Ingredients

Chicken Curry (51%) [Chicken (28%), Onions, Zucchini, Peas, Coconut Milk, Cornflour, Green Curry Paste (0.3%) (Green Chilli, Lemongrass, Garlic, Salt, Galangal, Shrimp Paste {Shrimp, Salt}, Kaffir Lime Peel, Coriander Seeds, Pepper, Cumin, Turmeric), Fish Sauce [Anchovy Extract, Salt, Sugar], Curry Powder (0.1%) (Coriander, Turmeric, Fenugreek, Cumin, Salt, Ginger, Garlic Powder, Chilli), Oil, Turmeric], Rice, Broccoli, Carrots, Sultanas, Almonds, Capsicum, Parsley. CONTAINS: TREE NUTS (ALMONDS), CRUSTACEAN & FISH PRODUCTS.

Nutritional Details

Nutritional Details	Regular Size 390g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1669kj (400Cal)	428kJ (103Cal)
Protein:	30.4g	7.8g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	14g	3.6g
--Saturated:	4.3g	1.1g
Carbohydrates:	34.7g	8.9g
--Sugars:	5.8g	1.5g
Dietary Fibre:	6.2g	1.6g
Folate:	93.2ug (47% RDI)	23.9ug
Sodium:	312mg	80mg
Potassium:	866mg	222mg
Phosphorus:	283mg (28% RDI)	73mg

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.