



Chicken Schnitzel

Tasty crumbed chicken served with seasonal baked vegetables and gravy. Baked vegetables are not only delicious but are loaded with health benefits. Cooking carrots increases the availability of the antioxidant carotenoids. Pumpkin flesh is a good source of vitamins A and C and contains antioxidants, folic acid and potassium. Pumpkins are also low in fat.



Ingredients

Chicken Schnitzel (36%) (Breast Meat, Water, Soy & Wheat Flour, Isolated Soy Protein, Breadcrumbs (Wheat flour, Water, Rye Flour, Humectant (422), Gluten, Yeast, Salt, Vinegar, Sugar, Canola Oil, Xanthan Gum (415), Malt Barley Flour, Antioxidant (300), Enzymes, Preservative (282), Colours (160a, 102, 110), Thiamine, Folate, Salt, Sugar, Flavour (Thermal Processing Flavour, Yeast Extract, Rapeseed Oil, Flavour Enhancers (627, 631), Vegetable Powder, Mineral Salt (508), Liquid Flavours, Spices, Herb), Gravy (Thickeners (1442, 1422), Salt, Natural Flavour, Vegetable Powders, Colour (150d), Canola Oil, Vegetable Gum (466), Spice, Herbs, Cornflour), Potatoes, Sweet Potatoes, Beans, Pumpkin, Parsnip, Oil, Parsley, Salt, Pepper, Paprika. CONTAINS GLUTEN, SOY. Vegetable varieties are subject to seasonal changes and inclusions may vary with each batch.

Nutritional Details

Nutritional Details	Regular Size 390g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1814kj (435Cal)	465kJ (112Cal)
Protein:	33.9g	8.7g
Fat, Total:	12.5g	3.2g
--Saturated:	3.1g	0.8g
Carbohydrates:	44.1g	11.3g
--Sugars:	7.4g	1.9g
Dietary Fibre:	5.5g	1.4g
Folate:	69.8ug (35% RDI)	17.9ug
Sodium:	1502mg	385mg
Potassium:	1264mg	324mg
Phosphorus:	507mg (51% RDI)	130mg

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.