



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 Flour**, **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, Sugar, Rapeseed Oil, Flavour Enhancers (627, 631), Vegetable Powder, Mineral Salt (508), Liquid Flavours, Spices, Herb), Potatoes, Gravy (Water, Thickeners (1442, 1422), Salt, Natural Flavour, Vegetable Powders, Colour (150d), Canola Oil, Vegetable Gum (466), Spices, Herbs, Tapioca), Sweet Potato, Beans, Pumpkin, Parsnip, Canola Oil, Pepper, Parsley, Salt, Paprika.

CONTAINS GLUTEN, WHEAT, SOY. 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. Vegetable varieties may be subject to seasonal change.

Nutritional Details

	Regular Size 390g Per Serve	
Nutritional Details	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. To ensure dietary requirements are met, all nutritional claims are supported and reviewed independently. Meals are portion controlled to assist with healthy weight management.