



Chicken With Morel Mushroom Sauce

Sliced tender chicken, delicately flavoured with Morel mushroom sauce, served with potato bake, carrots, peas and sweet potato. Morel mushrooms carry the highest amount of vitamin D among the edible mushrooms. Morels are unique and recognized for their rich mineral content.



Ingredients

Chicken (25%), Potato Bake (25%) [Potatoes, Water, Milk, Gluten Free Flour, Mozzarella Cheese, Cornflour, Salt, Pepper], Mushroom Sauce (15%) [Water, Vegetable Fats, Wheat Flour, Cream Powder, Maltodextrin, Modified Starch, Salt, Mushrooms (13%), Yeast Extract, Caramel, Onions, Seasoning, Palm Oil, Flavour, Tomatoes, Sugar, Thickener, Milk Protein, Emulsifier (471), Stabiliser (potassium phosphate, diphosphate), Glucose Syrup, Lactose, Onion Powder, Acidity Regulator (330), Spices, Smoke Flavour], Carrots, Peas, Sweet Potatoes, Parsley. CONTAINS GLUTEN, MILK & MILK PRODUCTS.

Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1648kj (395Cal)	412kJ (99Cal)
Protein:	34.8g	8.7g
Fat, Total:	13.6g	3.4g
--Saturated:	4.8g	1.2g
Carbohydrates:	28.8g	7.2g
--Sugars:	10.8g	2.7g
Dietary Fibre:	8g	2g
Sodium:	628mg	157mg
Potassium:	1008mg	252mg
Phosphorus:	378mg (38% RDI)	94mg

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.