



Economy - Chicken Cajun Casserole

Chicken mildly spiced with paprika, served with herb-infused rice and tender green beans. Paprika is loaded with essential vitamins and minerals, carotenoids and antioxidants that can deliver many benefits to your body. It may help maintain eye health thanks to the carotenoids. It also helps promote blood formation and healthy circulation.



Ingredients

Herb Rice (28%) (Water, White Rice, Canola Oil, Onion Flakes, Lo Salt, Mixed Herbs), Green Beans (26%), Chicken Breast (25%), Potato (contains Preservative (220)), Onions, Capsicum, Peas, Tapioca, Tomato Paste, Modified Corn Starch (1422), Canola Oil, Seasoning (Sweet Paprika, Salt, Pepper, Onion Powder, Garlic Powder, Cayenne Pepper, Cumin, Nutmeg, Thyme, Oregano, Bay Leaves), Lo Salt Gravy Mix (contains Soy, Colour (150a)), Vegetable Gums (412, 415), Lo Salt. CONTAINS SOY & SULPHITES.

Nutritional Details

Nutritional Details	Regular Size 360g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1343kj (322Cal)	373kJ (89Cal)
Protein:	25.6g	7.1g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	6.1g	1.7g
--Saturated:	1.1g	0.3g
Carbohydrates:	37.4g	10.4g
--Sugars:	4.3g	1.2g
Dietary Fibre:	5.8g	1.6g
Sodium:	374mg	104mg

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.