



## Economy - Chicken Chasseur

Appetising chicken casserole in a tomato and mushroom sauce with seasoned potatoes, carrots and peas.

Garlic contains a compound called Allicin, which is believed to have many health benefits including reducing the severity of common illnesses like the flu and the common cold.



### Ingredients

Potato (27%) (Preservative (220) (**Sulphite**)), Chicken Breast (23%), Carrots (13%), Peas (13%), Crushed Tomatoes (contains Citric Acid (330)), Mushrooms, Onions, Canola Oil, Tomato Paste, Tapioca, Lo Salt Gravy Mix (contains **Soy**, Colour (150a)), Garlic, Lo Salt, Pepper, Dried Parsley, Vegetable Gums (412, 415), Dried Mixed Herbs.

**CONTAINS SOY & SULPHITES.**

### Nutritional Details

| Regular Size 360g Per Serve |                              |                           |
|-----------------------------|------------------------------|---------------------------|
| Nutritional Details         | Average Quantity per Serving | Average Quantity per 100g |
| Energy:                     | 1278kJ<br>(306Cal)           | 355kJ<br>(85Cal)          |
| Protein:                    | 27.4g                        | 7.6g                      |
| --Gluten:                   | Nil Detected                 | Nil Detected              |
| Fat, Total:                 | 7.9g                         | 2.2g                      |
| --Saturated:                | 1.4g                         | 0.4g                      |
| Carbohydrates:              | 27g                          | 7.5g                      |
| --Sugars:                   | 8.3g                         | 2.3g                      |
| Dietary Fibre:              | 7.9g                         | 2.2g                      |
| Sodium:                     | 428mg                        | 119mg                     |
| Potassium:                  | 1044mg                       | 290mg                     |

#### 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.