



Pineapple Chicken

Succulent chicken sautéed with pineapple pieces served with special rice, broccoli and carrots.

There are only 3 raw materials that the human body can use to make energy: protein, fat and carbohydrates. Protein is an essential macro nutrient that is essential for brain cell function, liver detoxification and for initiating almost all enzyme reactions in our body.



Ingredients

Pineapple Chicken (53%) [Chicken (26%), Onions, Capsicum, Pineapple (6%), Carrots, Mushrooms, Cornflour, Garlic, Soy Sauce, Tomato Sauce, White Vinegar, Oil, Salt, Pepper], Rice [Rice, Carrots, Peas, Ham, Oil, Salt], Broccoli, Carrots, Parsley. CONTAINS SOY.

Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1388kj (333Cal)	347kJ (83Cal)
Protein:	29.2g	7.3g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	8g	2g
--Saturated:	2.4g	0.6g
Carbohydrates:	32g	8g
--Sugars:	8.4g	2.1g
Dietary Fibre:	6.8g	1.7g
Folate:	84.8ug (42% RDI)	21.2ug
Sodium:	352mg	88mg
Potassium:	824mg	206mg
Phosphorus:	288mg (29% RDI)	72mg

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.