



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, Pineapple (6%), Capsicum, Carrots, Mushrooms, Tapioca, Tomato Sauce (Tomatoes, Sugar, Salt, Food Acids {Acetic, Citric}, Natural Flavour), White Vinegar, Lemon Juice, Garlic, Soy Sauce (Hydrolysed Vegetable Protein Extract (Soy, Maize), Water, Salt, Colour (Caramel IV) (Sulphite)), Oil, Salt, Pepper], Rice [Rice, Carrots, Peas, Ham, Oil, Salt], Broccoli, Carrots, Parsley. CONTAINS SOY, SULPHITE. MAY CONTAIN PEANUTS, TREE NUTS. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/BONE FRAGMENTS.

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.