



Roast Chicken with Gravy

Juicy, boneless chicken thigh fillet (skinless) with roast potatoes, roast sweet potatoes, peas and gravy

Chicken is one of the most popular protein-rich foods and is incredibly versatile. Consider your heart health and choose skinless poultry trimmed of visible fat. Our Roast Chicken meal is also medically low salt and does not exceed 120mg per 100g for sodium.



Ingredients

Chicken (25%), Potatoes, Gravy (15%) [Water, Thickeners (1442, 1422), Salt, Natural Flavour, Vegetable Powders, Colour (150d), Canola Oil, Vegetable Gum (466), Spice, Herbs, Tapioca], Peas, Sweet Potatoes, Oil, Paprika, Salt, Pepper.

MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. 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:	1688kj (405Cal)	422kJ (101Cal)
Protein:	31.6g	7.9g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	13.2g	3.3g
--Saturated:	3.6g	0.9g
Carbohydrates:	36g	9g
--Sugars:	8.4g	2.1g
Dietary Fibre:	6.8g	1.7g
Folate:	92ug (46% RDI)	23ug
Sodium:	336mg	84mg
Potassium:	1140mg	285mg
Phosphorus:	444mg (45% RDI)	111mg

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.