



Special Fried Rice

A generous serve of flavoursome Basmati fried rice with vegetables and bacon pieces. Basmati rice contains all eight essential amino acids, folic acid and is very low in sodium and has no cholesterol. Compared to all the other rice varieties out there, basmati rice is the best when it comes to fibre content.

Ingredients

Chicken Broth (Chicken, Water, Salt), Basmati Rice, Water, Carrots, Canola Oil, Onions, Peas, Bacon, Eggs, Shallots, Soy Sauce, Garlic, Oyster Sauce (Water, Sugar, Salt, Oyster (11%), Thickener (1442), Wheat Flour, Colour (150A)], Sesame Oil, Pepper. CONTAINS GLUTEN, SOY, EGG, SESAME, FISH PRODUCTS. MAY CONTAIN TRACES OF DAIRY, TREE NUTS AND/OR CRUSTACEANS

Nutritional Details

Nutritional Details	Regular Size 300g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	2343kj (562Cal)	781kJ (187Cal)
Protein:	9.6g	3.2g
Fat, Total:	30g	10g
--Saturated:	2.4g	0.8g
Carbohydrates:	61.8g	20.6g
--Sugars:	3.6g	1.2g
Dietary Fibre:	1.5g	0.5g
Sodium:	456mg	152mg
Potassium:	195mg	65mg
Phosphorus:	57mg (6% RDI)	19mg

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.