

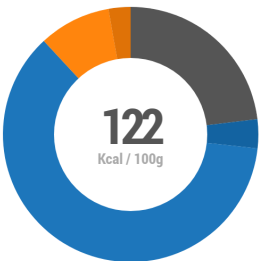
Chicken Curry Complete

Hot School Meals

By Sinead Bradbury

OVERVIEW ...

U / 12809236



CALORIES:

65% Carbs

23.1% Protein

11.9% Fat

FOOD LABELLING...

EU Label values per 100g

Serves 1

	PER 100G	%RI	PER 240G SERVING	%RI
Energy(Kj)	524 kJ	6%	1257 kJ	15%
Energy(kcal)	124 kcal	6%	297 kcal	15%
Fat	1.6 g	2%	3.9 g	6%
of which saturates	0.4 g	2%	0.9 g	5%
Carbohydrate	20 g	8%	48 g	18%
of which sugars	1.1 g	1%	2.7 g	3%
Fibre	0.8 g	3%	1.9 g	8%
Protein	7.1 g	14%	17 g	34%
Salt	0.63 g	11%	1.5 g	25%

CONTAINS:



MUSTARD

NUTRIENT BREAKDOWN PER 100G...

ENERGY		LIPID COMPONENTS		VITAMINS	
Energy(kcal) 6% RI	122kcal	Saturated Fat 2% RI	0.3792g	Vitamin A (ret eq) 75% RI	600ug
Energy(Kj) 6% RI	518kJ	Monounsaturated fat 5% RI	1.4g	Retinol	0.0002ug
		cis-Mono	-	Carotene	3605ug
		Polyunsaturated fat 5% RI	0.7783g	Vitamin D 1% RI	0.0625ug
		Omega3(n-3) 1% RI	0.0283g	Vitamin E 0% RI	0.0571mg
		Omega6(n-6) 2% RI	0.275g	Vitamin K ₁	0ug
		cis-Poly	-	Thiamin (B ₁) 22% RI	0.2429mg
		Trans-fatty acids	0.0068g	Riboflavin (B ₂) 16% RI	0.2226mg
		Cholesterol	19.6mg	Niacin total (B ₃) 49% RI	7.8mg
				Niacin 46% RI	7.4mg
				Tryptophan	136mg
				Pantothenic Acid (B ₅) 13% RI	0.7704mg
				Vitamin B ₆ 16% RI	0.2288mg
				Folates (B ₉) Total	0ug
				Vitamin B ₁₂ 0% RI	0.0002ug
				Biotin (B ₇) 4% RI	2ug
				Vitamin C	0mg
MACRONUTRIENTS		MINERALS & TRACE ELEMENTS		OTHER	
Carbohydrate 8% RI	19.9g	Sodium 11% RI	254mg		
Protein 14% RI	7.1g	Potassium 33% RI	650mg		
Fat 2% RI	1.6g	Chloride 48% RI	384mg		
Water	68g	Calcium 16% RI	129mg		
Water from Drinks	0g	Phosphorus 33% RI	233mg		
Alcohol (0% ABV)	0g	Magnesium 22% RI	82mg		
		Iron 60% RI	8.4mg		
		Zinc 17% RI	1.7mg		
		Copper 15% RI	0.1546mg		
		Manganese 25% RI	0.5004mg		
CARBOHYDRATE					
Starch	18.7g				
Oligosaccharide	0g				
Fibre 3% RI	0.7792g				
NSP	0.5994g				
Sugars 1% RI	1.1g				
Glucose	0.0005g				
Galactose	0g				
Fructose	0.0005g				

Sucrose
Maltose
Lactose

0.0005g
0g
0g

Selenium 25% RI
Iodine 2% RI

13.6ug
2.5ug

GI (estimated)
GL
Caffeine

50
10
-

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

Rice Actual..

RICE GRAIN

U

130g

2 x serving

unchanged

Hidden Veg Curry Sauce Actual..

CURRY SAUCE

U

60g

1 x Average pack

unchanged

Diced Chicken Actual..

100% CHICKEN BREAST MEAT

U

50g

½ x Pieces in a long roll

unchanged

PRODUCTS / PACK SIZES ...

1 Serving



🕒 240g / 297kcal

1.0

INGREDIENT LIST (QUID) ...

Rice Grain (54.2%), Curry Sauce (25%) [Curry Mix (Curcuma, Coriander, Ginger, Paprika, Fenugreek Seed, Caraway, Onion, Nutmeg, Galangal, Garlic, Fennel, Allspice, Rosemary, Cinnamon, Chilli, Cumin, Black Pepper, Salt, Potato Starch, Tomato, Lemon Juice, **Mustard SEED(Mustard)**, Onion, Carrot, Swede, Chicken Bouillion [salt, Sugar, Maltodextrin, Chicken Fat (4%), Antioxidant (Extract Of Rosemary), Turmeric, Garlic, Onion Juice Concentrate, Lovage Roots]], 100% Chicken Breast Meat (20.8%)

ALLERGY ADVICE: For allergens, see ingredients in **Bold**

COOKING INSTRUCTIONS & NOTES

INGREDIENTS

50g 100% Chicken breast meat (½ x Pieces in a long roll)

60g Curry sauce (1 x Average pack)

130g Rice grain (2 x serving)

METHOD

No Cooking Instructions