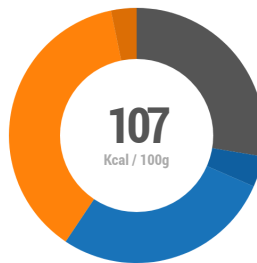


By Sinead Bradbury

OVERVIEW ...

U / 13277376



CALORIES:

31.8% Carbs

27.6% Protein

40.6% Fat

FOOD LABELLING...

EU Label values per 100g

Serves **1**

	PER 100G	%RI	PER 224G SERVING	%RI
Energy(Kj)	454 kJ	5%	1018 kJ	12%
Energy(kcal)	108 kcal	5%	243 kcal	12%
Fat	4.8 g	7%	11 g	16%
of which saturates	0.4 g	2%	0.9 g	5%
Carbohydrate	8.5 g	3%	19 g	7%
of which sugars	1 g	1%	2.3 g	3%
Fibre	1 g	4%	2.2 g	9%
Protein	7.4 g	15%	16 g	32%
Salt	0.52 g	9%	1.2 g	20%

CONTAINS:



WHEAT

NUTRIENT BREAKDOWN PER 100G...

[illegible]

Maltose
Lactose

Iodine

GL
Caffeine

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

Breaded Chicken Breast Goujons..

BREADED CHICKEN

U

82g

unchanged

Potato Cubes Actual..

U

107g

unchanged

Baked Beans..

BAKED BEANS

U

35g

unchanged

PRODUCTS / PACK SIZES ...

1 Serving



224g / 243kcal

1.0

INGREDIENT LIST (QUID) ...

Potato Cubes Actual (47.8%) [Potatoes, Seasoning (4%) (Modified Starch, Rice, Flour (**Wheat**), Salt, Garlic Powder, Onion Powder, Spice (Bell Pepper, Black Pepper), Dextrin, Raising Agents (Disodium Diphosphate, Sodium Carbonate), Natural Flavouring (Paprika Extract), Thickener (Xanthan Gum), Sunflower Oil], Breaded Chicken (36.6%) [Chicken (60%), **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Rapeseed Oil, Water, Salt, **Wheat Gluten**, Dextrose, Garlic Powder, Pea Fibre, Yeast, Stabilisers (E451, E450), Pea Starch, Sunflower Oil, Black Pepper, Paprika, Paprika Extract], Baked Beans (15.6%) [Navy Beans, Tomatoes, Water, Sugar, Modified Maize Starch, Salt, Wine Vinegar, Acidity Regulator: Ascorbic Acid, Flavourings, Paprika Extract]

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

COOKING INSTRUCTIONS & NOTES

INGREDIENTS

35g Baked beans ()

82g Breaded chicken ()

107g Potato Cubes Actual ()

METHOD

No Cooking Instructions