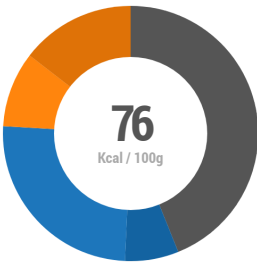


Roast Chicken Dinner Actual March 2025

By Sinead Bradbury



CALORIES:

32% Carbs
43.9% Protein
24.1% Fat

FOOD LABELLING...

EU Label values per 100g Serves 1

	PER 100G	%RI	PER 188G SERVING	%RI
Energy(Kj)	329 kJ	4%	619 kJ	7%
Energy(kcal)	78 kcal	4%	147 kcal	7%
Fat	2 g	3%	3.8 g	5%
of which saturates	1.2 g	6%	2.3 g	12%
Carbohydrate	6.1 g	2%	11 g	4%
of which sugars	1.3 g	1%	2.4 g	3%
Fibre	1.1 g	4%	2 g	8%
Protein	8.3 g	17%	16 g	32%
Salt	0.44 g	7%	0.82 g	14%

CONTAINS:



NUTRIENT BREAKDOWN PER 100G...

ENERGY		LIPID COMPONENTS		VITAMINS	
Energy(kcal) 4% RI	76kcal	Saturated Fat 6% RI	1.2g	Vitamin A (ret eq) 7% RI	57ug
Energy(Kj) 4% RI	321kJ	Monounsaturated fat 1% RI	0.33g	Retinol	1.5ug
		cis-Mono	-	Carotene	0.7447ug
MACRONUTRIENTS		Polyunsaturated fat 1% RI	0.1544g	Vitamin D 2% RI	0.0878ug
Carbohydrate 2% RI	6.1g	Omega3(n-3) 1% RI	0.0322g	Vitamin E 1% RI	0.0723mg
Protein 17% RI	8.3g	Omega6(n-6) 1% RI	0.1199g	Vitamin K ₁	-
Fat 3% RI	2g	cis-Poly	-	Thiamin (B ₁) 11% RI	0.1165mg
Water	81g	Trans-fatty acids	0.0088g	Riboflavin (B ₂) 5% RI	0.0649mg
Water from Drinks	0g	Cholesterol	27.9mg	Niacin total (B ₃) 43% RI	6.9mg
Alcohol (0% ABV)	0g	MINERALS & TRACE ELEMENTS		Niacin 31% RI	4.9mg
CARBOHYDRATE		Sodium 7% RI	175mg	Tryptophan	123mg
Starch	4.8g	Potassium 12% RI	248mg	Pantothenic Acid (B ₅) 10% RI	0.6265mg
Oligosaccharide	trace	Chloride 33% RI	265mg	Vitamin B ₆ 22% RI	0.307mg
Fibre 4% RI	1.1g	Calcium 2% RI	15.4mg	Folates (B ₉) Total 4% RI	8.6ug
NSP	0.8163g	Phosphorus 16% RI	114mg	Vitamin B ₁₂ 1% RI	0.0264ug
Sugars 1% RI	1.3g	Magnesium 5% RI	17.9mg	Biotin (B ₇) 2% RI	0.8087ug
Glucose	0.0532g	Iron 3% RI	0.3517mg	Vitamin C 5% RI	3.7mg
Galactose	0g	Zinc 4% RI	0.4064mg		
Fructose	0.0532g	Copper 4% RI	0.0376mg	OTHER	
Sucrose	0.3724g	Manganese 3% RI	0.0606mg	GI (estimated)	66
		Selenium 9% RI	5.1ug		

Maltose
Lactose

0g
0g

Iodine 3% RI

3.9ug

GL
Caffeine

4.1
-

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

Mashed Potato Actual..

POTATOES 1% FAT MILK

U

70g

0.78 x 1 Scoop

unchanged

Mixed Veg Actual..

VEGETABLES WATER

U

25g

0.15 x 1 cup

unchanged

Diced Chicken Actual..

100% IRISH CHICKEN BREAST MEAT

U

55g

1 ¼ x Pieces in a wrap/sandwich

unchanged

Gravy Actual March '25..

GRAVY

U

8g

0.53 x 1 tablespoon

unchanged

Mashed Carrots & Parsnip..

CARROTS PARSNIP

U

30g

unchanged

PRODUCTS / PACK SIZES ...

1 Serving



188g

/

147kcal

#

1.0

INGREDIENT LIST (QUID) ...

Potatoes 1% Fat **Milk** (37.2%) [Potato (89%), **Milk**, Butter (**Milk**), Salt, White Pepper], 100% Irish Chicken Breast Meat (29.3%), Carrots Parsnip (16%) [Carrots (59%), Parsnip (39%), Butter (**Milk**), Salt], Vegetables Water (13.3%), Gravy (4.3%) [GRAVYmaltodextrin, Potato Starch, Sugar, Salt, Flavourings, Yeast Extract, Onion Powder, Tomato Puree Powder, Caramel Syrup, Palm Fat, Thickener(Guar Gum), BOUILLON Beef Lard, Paprika, Parsnip, Tomato, Colour(Caramel), Carrot, Rosemary, Bay Leaf, Pepper, Mushroom, Allspice, Coriander, Turmeric, Fennel, Fenugreek Seed, Cumin, Ginger, Cinnamon, Chilli]

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

COOKING INSTRUCTIONS & NOTES

INGREDIENTS

55g 100% Irish Chicken breast meat
(1 ¼ x Pieces in a
wrap/sandwich)

8g Gravy (0.53 x 1 tablespoon)

30g Carrots parsnip ()

70g Potatoes 1% fat milk (0.78 x 1
Scoop)

25g Vegetables water (0.15 x 1 cup)

METHOD

No Cooking Instructions

