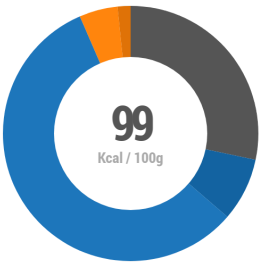


Sweet & Sour Chicken March '25

By Sinead Bradbury



CALORIES:

65.2% Carbs

28.3% Protein

6.5% Fat

FOOD LABELLING...

EU Label values per 100g Serves 1

	PER 100G	%RI	PER 240G SERVING	%RI
Energy(Kj)	424 kJ	5%	1017 kJ	12%
Energy(kcal)	100 kcal	5%	240 kcal	12%
Fat	0.7 g	1%	1.7 g	2%
of which saturates	0.2 g	1%	0.4 g	2%
Carbohydrate	16 g	6%	39 g	15%
of which sugars	2 g	2%	4.7 g	5%
Fibre	0.7 g	3%	1.6 g	6%
Protein	7 g	14%	17 g	34%
Salt	0.26 g	4%	0.62 g	10%

CONTAINS:



SULPHITES

NUTRIENT BREAKDOWN PER 100G...

ENERGY		LIPID COMPONENTS		VITAMINS	
Energy(kcal) 5% RI	99kcal	Saturated Fat 1% RI	0.1804g	Vitamin A (ret eq) 0% RI	0.0002ug
Energy(Kj) 5% RI	418kJ	Monounsaturated fat 1% RI	0.2083g	Retinol	0.0002ug
		cis-Mono	-	Carotene	-
MACRONUTRIENTS		Polyunsaturated fat 1% RI	0.0833g	Vitamin D 1% RI	0.0625ug
Carbohydrate 6% RI	16.1g	Omega3(n-3) 1% RI	0.0229g	Vitamin E 0% RI	0.0354mg
Protein 14% RI	7g	Omega6(n-6) 1% RI	0.0854g	Vitamin K ₁	-
Fat 1% RI	0.7129g	cis-Poly	-	Thiamin (B ₁) 3% RI	0.0292mg
Water	74g	Trans-fatty acids	0.0063g	Riboflavin (B ₂) 2% RI	0.0271mg
Water from Drinks	0g	Cholesterol	19.6mg	Niacin total (B ₃) 29% RI	4.6mg
Alcohol (0% ABV)	0g	MINERALS & TRACE ELEMENTS		Niacin 21% RI	3.3mg
CARBOHYDRATE		Sodium 4% RI	103mg	Tryptophan	78mg
Starch	14.1g	Potassium 5% RI	96mg	Pantothenic Acid (B ₅) 6% RI	0.3479mg
Oligosaccharide	-	Chloride 20% RI	157mg	Vitamin B ₆ 9% RI	0.1313mg
Fibre 3% RI	0.6708g	Calcium 0% RI	1.3mg	Folates (B ₉) Total	0ug
NSP	0.516g	Phosphorus 9% RI	65mg	Vitamin B ₁₂ 0% RI	0.0002ug
Sugars 2% RI	2g	Magnesium 2% RI	7.5mg	Biotin (B ₇) 1% RI	0.4167ug
Glucose	0g	Iron 1% RI	0.0833mg	Vitamin C	0mg
Galactose	0g	Zinc 2% RI	0.1667mg		
Fructose	0g	Copper 1% RI	0.0083mg	OTHER	
Sucrose	0g	Manganese 0% RI	0.0021mg	GI (estimated)	
		Selenium 6% RI	3.3ug	0	

Maltose
Lactose

0g
0g

Iodine 1% RI

1.5ug

GL
Caffeine

0
-

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

Diced Chicken Actual..

100% IRISH CHICKEN BREAST MEAT

U

50g

½ x Pieces in a long roll

unchanged

Fresh Fruit Sweet and Sour Sauce (Actual)..

FRUIT SAUCE

U

60g

unchanged

Mixed Veg Rice March 2025..

RICE

U

130g

unchanged

PRODUCTS / PACK SIZES ...

1 Serving



240g

/

240kcal

#

1.0

INGREDIENT LIST (QUID) ...

Rice (54.2%) [Rice 65%, Sweetcorn 15%, Peas 15%, Red Peppers 5%], Fruit Sauce (25%) [Water, Lemon, Orange, Distilled VINEGAR(**Sulfites**), Sugar, Tomato, Garlic, Ginger, Salt, Corn Starch], 100% Irish Chicken Breast Meat (20.8%)

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

COOKING INSTRUCTIONS & NOTES

INGREDIENTS

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

60g Fruit sauce ()

130g Rice ()