


Water	76g	Cholesterol	0mg	Riboflavin (B ₂) 1% RI	
Water from Drinks	0g			Niacin total (B ₃) 1% RI	0.1079mg
Alcohol (0% ABV)	0g			Niacin 0% RI	0.0764mg
		MINERALS & TRACE ELEMENTS		Tryptophan	1.9mg
CARBOHYDRATE		Sodium 14% RI	338mg	Pantothenic Acid (B ₅) 1% RI	0.0375mg
Starch	11.7g	Potassium 2% RI	38.6mg	Vitamin B ₆ 4% RI	0.0506mg
Oligosaccharide	0.0989g	Chloride 64% RI	512mg	Folates (B ₉) Total 6% RI	11.3ug
Fibre 5% RI	1.3g	Calcium 0% RI	2.7mg	Vitamin B ₁₂	0ug
NSP	0.892g	Phosphorus 1% RI	4.9mg	Biotin (B ₇) 1% RI	0.4158ug
Sugars 1% RI	1.3g	Magnesium 1% RI	2.3mg	Vitamin C 28% RI	22.4mg
Glucose	0.3955g	Iron 1% RI	0.0843mg		
Galactose	0.0002g	Zinc 0% RI	0.0337mg		
Fructose	0.4225g	Copper 1% RI	0.0088mg		
Sucrose	0.0946g	Manganese 1% RI	0.0247mg		
Maltose	0g	Selenium 0% RI	0.0002ug		
Lactose	0g	Iodine 0% RI	0.4944ug		
				OTHER	
				GI (estimated)	3.4
				GL	0.4511
				Caffeine	-

RECIPE INGREDIENTS ...	QUANTITY:	DESCRIPTION:	METHOD:
Peppers, capsicum, green, raw.. <small>GREEN PEPPERS</small>	GB23 15g	¾ x Average Portion	<i>unchanged</i>
Pepper, capsicum, red, raw.. <small>RED PEPPERS</small>	GB23 25g	1 ¼ x Average Portion	<i>unchanged</i>
Onions, raw.. <small>ONIONS</small>	GB23 10g	½ x Average Portion	<i>unchanged</i>
Fused by Fiona Uyema Premium Spice Bag Seasoning 100g.. <small>FUSED</small>	BRANDB 2.5g	0.03 x Per pack	<i>N/A</i>
Potato Cubes April '26.. <small>POTATO</small>	U 120g		<i>unchanged</i>
100% Irish Chicken April '26.. <small>CHICKEN</small>	U 50g		<i>unchanged</i>

PORTIONS / PACK SIZES ...

1 Serving



223g / 227kcal

INGREDIENT LIST (QUID) ...

Potato (53.9%) [Potatoes, Seasoning (4%)[modified Potato Starch, Rice Flour, Garlic Powder, Onion Powder, Spice (Bell Pepper, Black Pepper), Dextrin, Raising Agents (Disodium Diphosphate, Sodium Carbonate), Natural Flavouring (Paprika Extract), Thickener (Xanthum Gum)], Sunflower Oil], Chicken (22.5%) [100% Irish Chicken Breast, Water, Salt], Red Peppers

(11.2%), Green Peppers (6.7%), Onions (4.5%), Fused By Fiona Uyema Premium Spice Bag Seasoning 100g (1.1%) [Sea Salt, Spices, Dehydrated Red Chilli, Yeast Extract, Onion Powder, Rice Flour, Garlic Powder, Natural Onion Flavouring]

May contain traces of **Gluten, Milk, Soya, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil Nuts, Pistachios, Macadamias**

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

COOKING INSTRUCTIONS & NOTES

INGREDIENTS

- 50g** Chicken
- 2.5g** Fused by Fiona Uyema Premium Spice Bag Seasoning 100g (0.03 x Per pack)
- 10g** Onions ($\frac{1}{2}$ x Average Portion)
- 25g** Red peppers (1 $\frac{1}{4}$ x Average Portion)
- 15g** Green peppers ($\frac{3}{4}$ x Average Portion)
- 120g** Potato

METHOD

No Cooking Instructions