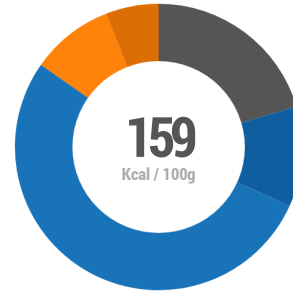


Sweet Chilli Chicken Fajita

By Sinead Bradbury

OVERVIEW ...

U / 16182566



CALORIES:

64.3% Carbs

20.5% Protein

15.3% Fat

FOOD LABELLING...

EU Label values per 100g

Serves **1**

	PER 100G	%RI	PER 200G SERVING	%RI
Energy(Kj)	689 kJ	8%	1378 kJ	16%
Energy(kcal)	163 kcal	8%	326 kcal	16%
Fat	2.7 g	4%	5.4 g	8%
<i>of which saturates</i>	1.1 g	6%	2.1 g	11%
Carbohydrate	26 g	10%	51 g	20%
<i>of which sugars</i>	4.5 g	5%	9 g	10%
Fibre	1.9 g	8%	3.7 g	15%
Protein	8.2 g	16%	16 g	32%
Salt	0.81 g	14%	1.6 g	27%

CONTAINS:



WHEAT,
BARLEY

Nutri-Score



HFSS Rating
(HFSS Pass)



NUTRIENT BREAKDOWN PER 100G...

ENERGY	LIPID COMPONENTS	VITAMINS
Energy(kcal) 8% RI	Saturated Fat 5% RI	Vitamin A (ret eq) 0% RI
Energy(Kj) 8% RI	Monounsaturated fat 1% RI	Retinol
	<i>cis-Mono</i>	Carotene
	Polyunsaturated fat 1% RI	Vitamin D 1% RI
	<i>Omega3(n-3)</i> 1% RI	Vitamin E 0% RI
	<i>Omega6(n-6)</i> 1% RI	Vitamin K ₁
	<i>cis-Poly</i>	Thiamin (B ₁) 3% RI
	Trans-fatty acids	
MACRONUTRIENTS		
Carbohydrate 10% RI		
Protein 16% RI		
Fat 4% RI		

Water	41g	Cholesterol	18.8mg	Riboflavin (B ₂) 2% RI	
Water from Drinks	0g			Niacin total (B ₃) 28% RI	4.4mg
Alcohol (0% ABV)	0g			Niacin 20% RI	3.2mg
				Tryptophan	74mg
		MINERALS & TRACE ELEMENTS		Pantothenic Acid (B ₅) 6% RI	0.334mg
CARBOHYDRATE		Sodium 13% RI	322mg	Vitamin B ₆ 9% RI	0.126mg
Starch	21.1g	Potassium 5% RI	92mg	Folates (B ₉) Total	0ug
Oligosaccharide	-	Chloride 61% RI	488mg	Vitamin B ₁₂ 0% RI	0.0002ug
Fibre 7% RI	1.9g	Calcium 0% RI	1.2mg	Biotin (B ₇) 1% RI	0.4ug
NSP	1.4g	Phosphorus 9% RI	62mg	Vitamin C	0mg
Sugars 5% RI	4.5g	Magnesium 2% RI	7.2mg		
Glucose	0g	Iron 1% RI	0.08mg		
Galactose	0g	Zinc 2% RI	0.16mg		
Fructose	0g	Copper 1% RI	0.008mg		
Sucrose	0g	Manganese 0% RI	0.002mg		
Maltose	0g	Selenium 6% RI	3.2ug		
Lactose	0g	Iodine 1% RI	1.4ug		
				OTHER	
				GI (estimated)	0
				GL	0
				Caffeine	-

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

Chicken..

100% IRISH CHICKEN BREAST MEAT

U

40g

1/3 x medium fillet

unchanged

Mixed Veg Rice April '26..

RICE

U

40g

unchanged

Wholemeal Wrap..

WHOLEMEAL WRAP

U

60g

unchanged

Sweet Chilli Sauce April '26..

SWEET CHILLI SAUCE

U

20g

unchanged

Curleys Vegetable Mix..

U

40g

N/A

PORTIONS / PACK SIZES ...

1 Serving



200g / 326kcal

INGREDIENT LIST (QUID) ...

Wholemeal Wrap (30%) [Wheat Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Wholemeal Wheat Flour, Palm Oil, Humectant (Glycerine) Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Acidity Regulator (Malic Acid), Stabilisers (Carboxymethylcellulose, Guar Gum), Emulsifier (Mono And Diglycerides Of Fatty Acid), Salt, Preservatives (Calcium Propionate, Potassium Sorbate), Flour Treatment Agent (L Cysteine)], 100% Irish Chicken Breast Meat (20%), Rice (20%) [Rice 65%, Sweetcorn 15%, Peas 15%, Red Peppers 5%], Curleys Vegetable Mix (20%) [Carrot, Onion, Leek, Green Pepper, Red Onion, Yellow Pepper, Red Pepper], Sweet Chilli Sauce (10%) [Water, Sugar, Spirt Vinegar, Garlic Puree (2.8%), Red Chilli Puree (2.8%), Salt, Modified Starch, Red Bell Pepper, Barley Malt Vinegar, Stabiliser: Guar Gum: Spices, Spice Extracts, Colour: Paprika Extract; Acid: Citric Acid]

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

COOKING INSTRUCTIONS & NOTES

INGREDIENTS

40g 100% Irish Chicken breast meat
($\frac{1}{3}$ x medium fillet)

40g Curleys Vegetable Mix

40g Rice

20g Sweet chilli sauce

60g wholemeal wrap

METHOD

No Cooking Instructions