

# Twice Cooked Chicken

## NUTRITION INFORMATION

Servings per package: 1

Serving size: 728g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	5430kJ (1300Cal)	745kJ (178Cal)
PROTEIN	63.5g	8.7g
FAT, TOTAL	105g	14.4g
- SATURATED	29.0g	4.0g
CARBOHYDRATE	22.4g	3.1g
- SUGARS	16.6g	2.3g
SODIUM	1650mg	226mg

Ingredients: Chicken, Cauliflower, Duck Fat, Red Capsicum, Tomato, Red Onion, Cider Vinegar, Olive Oil, Maple Syrup, Radish, Shallot, Blanched Almond, Hazelnut, Salt, Sherry Vinegar, Thyme, Dried Juniper Berries, Sourdough Bread, Star Anise, Fennel Seed, Basil, Bay Leaf, Garlic, Sea Salt, Cinnamon, Smoked Paprika, Chilli, Parsley.

**Contains Cereals Containing Gluten, Tree Nuts.**