

Classic Chicken Parmigiana

NUTRITION INFORMATION

Servings per package: 1

Serving size: 465g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	3700kJ (883Cal)	795kJ (190Cal)
PROTEIN	52.6g	11.3g
FAT, TOTAL	52.7g	11.3g
- SATURATED	19.7g	4.2g
CARBOHYDRATE	47.5g	10.2g
- SUGARS	5.0g	1.1g
SODIUM	3130mg	673mg

Ingredients: Chicken Schnitzel (Chicken Meat, Breadcrumbs (Wheat Flour, Thiamine, Folic Acid, Baker Yeast, Iodised Salt, Water), Egphos (Minerals, Salt, Colour), Flavon (Salt, Flavour Enhancer), Dextrose, Rice Flour, Vegetable Powder, Vegetable Flour, Hydrolised Vegetable Protein (Soybean), Spices, Anti Caking Agent, Vegetable Oil.), Tomato Puree, Double Smoked Ham (Pork (88%), Water, Salt, Acidity Regulators (326, 261), Mineral Salts (451, 450, 339), Sugar, Dextrose (Maize), Herbs, Spices, Antioxidant (316), Preservative (250), Smoke Flavour), Mozzarella Cheese, Onion, White Wine, Olive Oil, Carrot, Bay Leaf, Parisian Essence, Salt, Tabasco Sauce.

Contains Cereals Containing Gluten, Milk, Soybeans.