

Healthy Eating Workshop

chicken with a vegan cream (2 portions)



Storage info

Keep refrigerated

Allergens

gluten

Use By

Within 30 hours of making

Manufactured By

By Naike, Maja, Josefina.



Net weight 863g

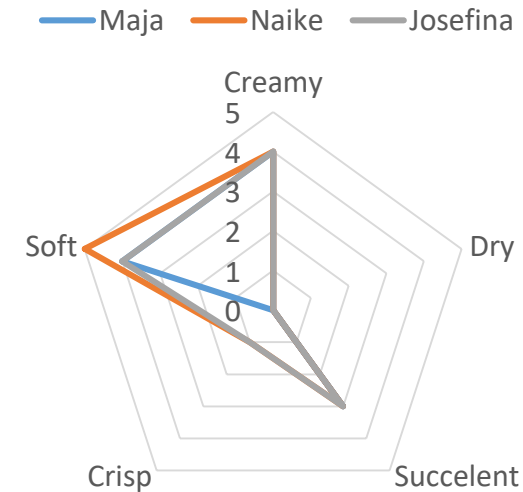
Ingredients

chicken breast (46%), broccoli (28%), tomato (10%), potatoes (10%), 00 flour (2%), salt (1%), black pepper (0%)

	Per 100g	Per portion (432g)	RI
Energy*	388 kJ	1675 kJ	20%
Energy*	92 kcal	396 kcal	20%
Fat*	1.1 g	4.9 g	7%
Saturates*	0.3 g	1.1 g	6%
Carbohydrate*	4.5 g	19 g	8%
Sugars*	0.9 g	3.7 g	4%
Protein*	13 g	55 g	122%
Salt	1.2 g	5.2 g	87%

* Data for some ingredients is not available

The nutritional profile shows that this meal was healthy, this is healthy because we used just vegetables, chicken and potatoes, there was a minimal amount of sugar, used just 4% of the Daily Guideline Intake. This is a perfect meal for lunch because it is balanced between proteins, vegetables and carbohydrates.



The star profile shows that you can consume the dish on a daily basis. Its very healthy to consume because there are no junk products and only a spoon on oil was used for the chicken.