

Roast Chicken Dinner

Meet the healthiest roast dinner you'll ever eat. Our Roast Chicken Dinner combines tender chicken breast, roasted potatoes, sage and onion stuffing, and a rich gravy, finished with colourful peas and carrots. It's full-on flavour with a smart nutrition profile: just 260 kcal and 30.8g of protein

Nutrition

	Per Serving (g)	Per 100g
Energy (kcal)	260	74
Protein	30.8	8.8
Carbohydrate	29.2	8.3
of which are sugars	3.2	0.3
Fat	2.3	0.6
of which are saturates	1.4	0.4
Fibre	3.3	0.9
Salt	1.7	0.49

Ingredients

Roast Chicken Pieces (28%) (Chicken Breast (98%), (Dextrose, Tapioca Starch, Salt), Gravy (Water, **WHEAT** Flour, Modified Corn Starch, Salt, Flavour Enhancer (Monosodium Glutamate), Flavourings (**GLUTEN**), Maltodextrin, Colour (Ammonia Caramel), Sugar, Sunflower Oil (1.25%), Onion, Citric Acid, Sage, Basil, Bay Leaf.), Sliced Potatoes (22%) (Potatoes, Vegetable Oil), Stuffing (Water, **WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin), Dried Onion (15%), Vegetable Oils (Palm, Sunflower), Salt, Dried Sage (1.5%), Dried Parsley, Raising Agents (Ammonium Carbonates, Sodium Hydrogen Carbonate), **BARLEY** Malt Extract), Carrots, Peas.

Allergens

WHEAT
GLUTEN
BARLEY