



EVERGREEN Disability Care



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CHICKEN SATAY

PRICK & MICROWAVE
FOR 9 MINUTES



Ingredients

Cooked Rice (49%) (Water, Rice), Satay Sauce (38%) (Water, Onion, Peanut Paste (4%) (Peanut), Light Brown Sugar, Coconut Milk Powder (Milk), Tomato Paste, Thickener (1422), Canola Oil, Ginger, Salt, Spices, Inulin, Garlic, Yeast Extract, Vinegar, Green Curry Paste (Crustacea, Fish, Soy) (Green Chilli, Lemon Grass, Garlic, Salt, Galangal, Shrimp, Kaffir Lime Peel, Coriander Seed, Pepper, Cumin, Turmeric), Herbs), Marinated Chicken (13%) (RSPCA Approved Chicken, Water, Sugar, Potato Starch, Salt, Corn Starch, Spices)

Nutrition

Serving Size: 375g

	Quantity per Serving	Quantity per 100g/100mL
Energy	Approx. 2320kJ	Approx. 618kJ
Protein	Approx. 22.9g	Approx. 6.1g
Fat, Total	Approx. 19.9g	Approx. 5.3g
-Saturated	Approx. 5.3g	Approx. 1.4g
Carbohydrate	Approx. 68.6g	Approx. 18.3g
-Sugars	Approx. 3.8g	Approx. 1g
Dietary Fibre	Approx. 3.4g	<1g
Sodium	Approx. 578mg	Approx. 154mg



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