




# EVERGREEN Disability Care

 [services@evergreendisabilitycare.com](mailto:services@evergreendisabilitycare.com)

 [www.evergreendisabilitycare.com](http://www.evergreendisabilitycare.com)

## CHILLI CON CARNE

**PRICK & MICROWAVE  
FOR 9 MINUTES**



### Ingredients

Meat Sauce (55%) (Water, Beef (11%), Red Kidney Beans (8%), Onion, Tomato Paste (3%), Spices, Thickener (Acetylated Distarch Adipate), Salt, Sugar, Garlic, Chilli, Canola Oil, Yeast Extract, Plain Caramel), Rice and Veg Mix (45%) (Water, Brown Rice (17%), Corn, Red Capsicum (2%), Canola Oil)

### Nutrition

Serving Size: 375g

	Quantity per Serving	Quantity per 100g/100mL
Energy	Approx. 2070kJ	Approx. 552kJ
Protein	Approx. 17.3g	Approx. 4.6g
Fat, Total	Approx. 15.4g	Approx. 4.1g
-Saturated	Approx. 6.8g	Approx. 1.8g
Carbohydrate	Approx. 66.4g	Approx. 17.7g
-Sugars	Approx. 5.6g	Approx. 1.5g
Dietary Fibre	Approx. 10.1g	Approx. 2.7g
Sodium	Approx. 795mg	Approx. 212mg



Evergreen Disability Care PTY LTD  
26 Lockwood Rise  
Lynbrook Victoria  
Australia 3975

