

Chicken Hotpot

Ready Meal



Nutritional Values	Per 100g	Per Pouch 300g
Energy Kj	372.0	1116.0
Energy Kcal	89.0	267.0
Protein (g)	6.6	19.8
Carbohydrate (g)	6.8	20.4
of which sugar (g)	1.1	3.3
Fat (g)	3.9	11.7
of which saturated (g)	0.8	2.4
Fibre (g)	2.5	7.5
Sodium (g)	0.2	0.7
Equivalent in salt (g)	0.6	1.8

Vegetarian



Vegan



Allergens

none

Produced in a nut free factory

Ingredients

chicken thigh (28%), potato (23%), water, onion, carrot, peas, gluten free flour (rice, potato, tapioca, maize, buckwheat), curly kale, leek, parsnip, swede, olive oil, sea salt, garlic, lovage, black pepper