

Chicken & Mushroom Risotto

Ready Meal



Nutritional Values	Per 100g	Per Pouch 300g
Energy Kj	378.0	1134.0
Energy Kcal	90.0	270.0
Protein (g)	6.6	19.8
Carbohydrate (g)	7.3	21.9
of which sugar (g)	1.0	3.0
Fat (g)	3.8	11.4
of which saturated (g)	1.4	4.2
Fibre (g)	2.5	7.5
Sodium (g)	0.2	0.6
Equivalent in salt (g)	0.5	1.6

Vegetarian



Vegan



Allergens

milk

Produced in a nut free factory

Ingredients

mushrooms (37%), chicken (18%), single cream, leek, brown basmati rice, water, onion, white wine, wild rice, cornflour, pecorino (from cow's milk), sea salt, dried mushroom, basil, olive oil, lemon juice, black pepper, thyme