

**ASHDALE CATERING***The School Lunch People***Ashdale (Rice dishes) - Chicken & Vegetable Rice (11/24)**

By Niamh O'Connor from Cork Nutrition Consultancy

OVERVIEW ...

ID / 11706576



HEIGHT:

21.6% Carbs

11% Protein

4% Fat

63% Water

FOOD LABELLING...

EU Label values per 100g

Serves **150**

	PER 100G	%RI	PER 100G SERVING	%RI
Energy(kJ)	703 kJ	8%	1396 kJ	17%
Energy(kcal)	167 kcal	8%	331 kcal	17%
Fat	4 g	8%	7.9 g	11%
of which saturates	0.5 g	3%	0.9 g	5%
Carbohydrate	21 g	8%	43 g	17%
of which sugars	1.2 g	1%	2.3 g	3%
Fibre	0.7 g	3%	1.4 g	6%
Protein	11 g	22%	22 g	44%
Salt	0.28 g	5%	0.56 g	9%

MAY CONTAIN:



WHEAT



MILK



CHICKEN

OTHER PROPERTIES:



GLUTEN FREE



LOW SATURATED FAT



LOW SUGAR



LOW SALT



HIGH IN PROTEIN

* Protein contributes to a growth in muscle mass, the maintenance of muscle mass, and the maintenance of normal bones

Nutri-Score



HFSS Rating

-2

NUTRIENT BREAKDOWN PER 100G...