



Code:231491

website: <http://galipofoods.com.au/Product/info/231491>

Satay Chicken with Rice 12x180g Allied Chefs (GF)

HEAT & SERVE
Heat in microwave for 200% approx. 25 min.
Transfer approx. 15 min.
Remove Microwave Oven. Stirred
for 200% approx. 15 min.
Heat in 100% power. 10 min.
with 2 Heat 3 min 100 power. 4. 10 min.
Additional 2 min. 100 power.
Remove & stand for 5 min.
eat warm. 100%
Instructions are a guide only.
Please adjust to suit. Do not
eat any product once heated.

INGREDIENTS: Chicken Breast (95%),
Rice, Sesame Oil, Sesame Oil,
Peanut, Sugar, Sesame, Sesame, S.P.,
Food Colouring (E102, E104, E105),
Margarine (100%, Emulsifier (E321)),
Salt, Monosodium Citrate (E331),
Mashed Potato 100%, Milk Solids,
Sugar (99.9%), White Rice, Sesame Oil,
Flavour Enhancer (E621), Anti-Caking
Agent (E551), Food Acid (E330), Eggs,
Yoghurt (100% Fat), Cheese (100%),
Cheese (100% Fat), Salt, Sugar, Food
Acid (E330), Flavour Enhancer (E621),
Milk, Soy, Carotene, Milk, Soy.

NUTRITIONAL INFORMATION
per 180g (6.35oz) serving

Energy	1243kJ (298kcal)
Protein	14.5g (4.1g)
Carb	46.0g (10.4g)
Fat	15.0g (3.4g)
Sodium	0.7g (0.17g)
Cholesterol	14.5mg (0.35g)
Sugars	0.7g (0.17g)
Fibre	0.7g (0.17g)

PER 180g (6.35oz) serving

Priority 100%
Australian Made
Soy 4-15°C