

CHICKEN, CHORIZO, PEA ORZO

Food Label values per 100g

	PER 100G	%RI	PER 355G SERVING	%RI
Energy(Kj)	333 kJ	4%	1180 kJ	14%
Energy(kcal)	79 kcal	4%	279 kcal	14%
Fat	0.9g	1%	3.1g	4%
of which saturates	0.3g	2%	1.1g	6%
Carbohydrate	12g	5%	44g	3%
of which sugars	0.8g	1%	2.7g	12%
Fibre	0.8g	3%	3 g	36%
Protein	5 g	10%	18g	22%
Salt	0.37 g	6%	1.3g	

Nutri Score



CONTAINS:



GLUTEN

MAY CONTAIN:



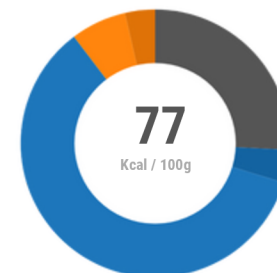
SOYBEAN



CELERY



MUSTARD



CALORIES:

63.9% Carbs

25.8% Protein

10.3% Fat

Water (56.4%), Rummo Orzo (16.9%), Chicken (14.1%), Peas (5.6%), Onions (2.8%), Chorizo (2%), Sunflower Oil (0.85%), Dr Coy's Vegetable Bouillon Organic Seasoning 150g (0.51%)
[Sea Salt, Dried Organic Vegetables (45%), Carrot*, **Celery***, Lovage*, Chive*, Cauliflower*, Onion*, Leek*, Parsley*, Broccoli*, Savoy Cabbage*, Garlic*, Nutmeg*, Turmeric*, Fenugreek*,
Coriander*, Ginger*, Sweet Pepper*, Fennel*, *Organic], Paprika (0.28%), Lemon Juice (0.28%), Garlic (0.2%)

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. May contain traces of **Gluten**