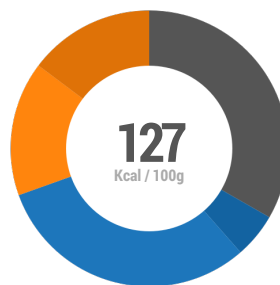


# Mexican Fiesta Bowl (Chicken)

By Shane Loughlin from Culinary Nutrition Consulting

Overview ...

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CALORIES:

**36.2%** Carbs

**33.3%** Protein

**30.5%** Fat

Food Labelling...

## EU Label values per 100g

	PER 100G	%RI	PER 646G SERVING	%RI
Energy(Kj)	<b>547</b> kJ	7%	<b>3534</b> kJ	42%
Energy(Kcal)	<b>130</b> kcal	7%	<b>841</b> kcal	42%
Fat	<b>4.3</b> g	6%	<b>28</b> g	40%
of which saturates	<b>2.1</b> g	11%	<b>13</b> g	65%
Carbohydrate	<b>12</b> g	5%	<b>74</b> g	28%
of which sugars	<b>1.7</b> g	2%	<b>11</b> g	12%
Fibre	<b>1.3</b> g	5%	<b>8.7</b> g	35%
Protein	<b>11</b> g	22%	<b>69</b> g	138%
Salt	<b>0.14</b> g	2%	<b>0.92</b> g	15%

CONTAINS:



MILK

MAY CONTAIN:



PEANUTS



TREE NUTS



MUSTARD



EGGS



SESAME



SULPHITES

Ingredient List (QUID) ...

Brown rice (32.5%), Chicken (23.2%), Iceberg lettuce (4.6%), Sweetcorn (4.6%), Carrots (4.6%), Sour cream (4.6%) ( **Milk**), Asda Mixed Bean Salad in Water 290g (4.6%) [Mixed Beans (43%) [Red Kidney Beans, Black Eyed Beans, Green Beans, Borlotti Beans, Haricot Beans], Water, Sweetcorn, Red Peppers, Chickpeas], Red peppers (4.6%), Guacamole (4.6%) (**Milk**), Charleville Freshly Grated Select Red Cheddar 200g (4.6%) [**Cheese** made from Pasteurised Cows' **Milk**, Colour: Annatto, Anti-Caking Agent: Potato Starch], Salsa (2.3%), Habanero Hot Sauce (2.3%), Santa Maria Tex Mex Chipotle Paste 750g (2.3%) [Chipotle Chilli (34%), Fresh Onion, Tomato Puru00e9e, Vinegar, Fresh Garlic, Salt, Coriander], Coriander (0.2%)

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