

Chicken & Pearl Barley Casserole

224GB90203535

Article Number

ROMY FOODS

£1.97

(this is just the meal cost price converted to your currency from the manufacturer's meal cost price (if applicable))



ROMY FOODS

CHICKEN & PEARL BARLEY CASSEROLE

Chicken, pearl barley, peas and spinach in a dark seasoned gravy served with no added salt mashed potato.

902035

Supplier No.

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Ingredients: no added salt mashed potato (34%) (potato (85%) (**sulphites**) vegetable margarine (palm oil rapeseed oil water emulsifier e471 colours (annatto/curcumin) natural flavouring) water white pepper) chicken strips (22%) (chicken (99%) water salt) water rapeseed oil peas (4%) spring onion pearl barley (4%) spinach (2%) chicken stock powder (dried glucose syrup **yeast extract** salt sugar dried onion chicken fat with broth natural flavouring anti-caking agent : silicon dioxide sage extract thyme oil) dark brown soft sugar basil maize starch garlic puree (rehydrated garlic acidity regulator : citric acid) gravy browning (colour : ammonia caramel) hamulsion (**sulphites**) (emulsifier (e472e) thickening agent (e1422 e415 e412)) ground black pepper ground cinnamon

KEEP FROZEN at -18°C. If thawed, do not refreeze. To be consumed after heating.

350.00g



This product has been produced in United Kingdom under license for Romy Foods Corporation Ltd, No.3, Independence Square, Valletta VLT1520 Malta.

Created by: Romy Foods Ltd. UK

Nutrition Information

Servings per package: 1
Serving size: 350.00g

	Per 100g	Per Product
Energy	161.4kcal	565.0kcal
Protein	8.3g	29.0g
Carbohydrates	12.6g	44.0g
Sugar	2.3g	8.0g
Fibre	0.9g	3.2g
Starch	9.7g	34.0g
Fat, Total	8.3g	29.0g
Saturated Fat	1.4g	5.0g
Sodium	0.1g	0.3g
Calcium	15.1mg	53.0mg

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Date: 21 May 2020

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