



SLT - ROAST CHICKEN DINNER

This lovely roast chicken dinner is slightly higher in fat as we have used a chicken leg. If you want to reduce the fat down, use a chicken breast. Having increased fat once in a while will be ok, plus will balance out over over meals throughout the day

 1 portion

INGREDIENTS

- 180 grams of chicken, leg quarter, raw, meat and skin
- 260 grams of potatoes, white, flesh and skin, raw
- 100 grams of broccoli, raw
- 100 grams of carrots, raw
- 15 grams of gravy instant granules

COOKING METHOD

- 1° Cook the chicken legs in the oven. Use a non stick pan and then you will not need any other oil other than 1 cal spray.
- 2° Cook the potatoes as you wish, boil or spritz with 1 cal oil and dry roast in the oven, or even cook as a jacket potato.
- 3° Cook the veg in a tray with 1 cal oil or boil / steam.
- 4° If you wish to serve with a little gravy use water and the granules and serve.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (655 g)	% DRI
ENERGY	101 kcal	663 kcal	33 %
PROTEIN	6 g	42 g	83 %
CARBOHYDRATE	10 g	67 g	26 %
SUGARS	2 g	10 g	11 %
FAT	4 g	27 g	39 %
FATTY ACIDS, TOTAL SATURATED	1 g	8 g	41 %
FIBER	2 g	12 g	48 %
SODIUM	165 mg	1083 mg	45 %