

Let's eat

Baked Potato with Chicken Curry topping

Allergens – Celery, Gluten, Milk, Mustard



Portion Size – Primary 100g Curry Academy 135g Curry

Nutritional Content per 100g Chicken Curry

| Energy (kcal) | Fat (g) | Saturated Fats (g) | Sugar (g) | Salt (mg) | Carbs (g) |
|---------------|---------|--------------------|-----------|-----------|-----------|
| = 91 | = 3.8 | = 1 | = 5 | = 0.29 | = 7.2 |

Baked Potato per 100g

| Energy (kcal) | Fat (g) | Saturated Fats (g) | Sugar (g) | Salt (mg) | Carbs (g) |
|---------------|---------|--------------------|-----------|-----------|-----------|
| = 136 | = 0.2 | = 0.1 | = 1.2 | = 0.1 | = 31.7 |