

PROCEEDS FROM THE SALE OF THIS PRODUCT ARE USED TO PROVIDE MEALS TO THE MOST VULNERABLE MEMBERS OF OUR COMMUNITY.

CHICKEN PASTA

RECIPE SUGGESTION:

Chop up some cooked chicken breast and add to your pot to extend the meal and to add more texture. A touch of cream will go well.

PREPARATION GUIDE:

~ MEAL FOR 4 ~

Cook all ingredients with approx. 7 cups (1.75 L) boiling water.
Cook until the pasta is cooked to your liking.

NUTRITIONAL INFO

TOTAL (g)
Serving / 100

Energy (kJ)	473	541
Protein (g)	9	10
Carbohydrates (g)	18	21
<i>of which total sugar (g)</i>	0.5	0.6
Total Fat	0.5	0.6
<i>of which total Saturated Fat</i>	0.1	0.1
Dietary Fibre (g)	1.8	2
Sodium (g)	0.2	0.2
Cholesterol (mg)	1	1
Potassium (mg)	19	22



INGREDIENTS:

Soy, Beans & Pulses,
Pasta, Flavourings,
Spices, Monosodium
Glutamate, Sucrose,
Dextrose, Vegetable oil.
Allergens: Soy, Gluten.

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