



## Beef Goulash

Tender strips of beef cooked to perfection with peas, beans, broccoli, carrots and steamed potatoes.



### Ingredients

Potato (28%), Beef (20%), Beans, Peas, Broccoli, Carrots, Onion, Tomato, Capsicum, Tomato Paste, Tapioca, Paprika, Pepper, Salt, Parsley, Oil.

### Nutritional Details

	Regular Size 385g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	1282kJ (307Cal)	333kJ (80Cal)
Protein:	21.6g	5.6g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	10.4g	2.7g
--Saturated:	4.2g	1.1g
Carbohydrates:	33.5g	8.7g
--Sugars:	8.1g	2.1g
Dietary Fibre:	8.5g	2.2g
Folate:	76.2ug (38% RDI)	19.8ug
Sodium:	331mg	86mg
Potassium:	1163mg	302mg
Phosphorus:	252mg (25% RDI)	65mg

#### Disclaimer:

Nutrition analysis is prepared using our FOODWORKS© software system. Dinners carrying the Heart Foundation Tick have undergone laboratory testing and results for Saturated Fat, Trans Fat, Sodium, Energy, Protein and Fibre or Vegetable content are guaranteed to comply with the criteria set by the Heart Foundation. Clients and Health Professionals should use all other calculations as a guide only when recommending or choosing suitable dinners.