



## Beef Goulash

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



### Ingredients

Potato (26%), Beef (23%), Beans, Peas, Broccoli, Carrots, Onion, Tomato, Capsicum, Tomato Paste, Tapioca, Paprika, Pepper, Salt, Parsley, Oil.

### Nutritional Details

Nutritional Details	Regular Size 390g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1443kJ (346Cal)	370kJ (89Cal)
Protein:	33.1g	8.5g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	9.8g	2.5g
--Saturated:	3.5g	0.9g
Carbohydrates:	26.5g	6.8g
--Sugars:	7.8g	2g
Dietary Fibre:	8.2g	2.1g
Folate:	77.2ug (39% RDI)	19.8ug
Sodium:	468mg	120mg
Potassium:	1053mg	270mg
Phosphorus:	254mg (25% RDI)	65mg

#### Disclaimer:

Nutrition analysis is prepared using our FOODWORKS© software system. Dinners carrying the Heart Friendly 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. Clients and Health Professionals should use all other calculations as a guide only when recommending or choosing suitable dinners.