



Beef in Red Wine Casserole

Tender diced beef casseroled in red wine and served with sweet potato mash, beans, peas and broccoli.



Ingredients

Beef (26%), Potato (Potato, Milk), Sweet Potato, Beans, Peas, Broccoli, Onion, Carrot, Tomato, Red Wine (5%), Celery, Tomato Paste, Tapioca, Paprika, Salt, Oil, Pepper. CONTAINS: MILK PRODUCTS, RED WINE

Nutritional Details

	Regular Size 400g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	1384kj (332Cal)	346kJ (83Cal)
Protein:	26g	6.5g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	7.6g	1.9g
--Saturated:	3.2g	0.8g
Carbohydrates:	38.8g	9.7g
--Sugars:	5.2g	1.3g
Dietary Fibre:	8.4g	2.1g
Folate:	91.6ug (46% RDI)	22.9ug
Sodium:	244mg	61mg
Potassium:	872mg	218mg
Phosphorus:	338mg (34% RDI)	85mg

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.