



Beef Moussaka

Satisfying, gluten free layers of potato, eggplant and prime beef mince served with roast pumpkin, green beans and cauliflower.



Ingredients

Beef Moussaka (53%) (Potato, Eggplant, Beef Mince (8%), Onions, Crushed Tomato [Tomato Salt, Vegetable Oil, Herbs and Spices, Garlic, Food Acid (330)], Cheese (Milk, Salt, Cultures), Anti-Caking Agent (Tapioca Starch, 460, Preservative (200)), Margarine [Vegetable Oil, Water, Salt, Emulsifiers (Soy Lecithin 471), Flavour, Acidity Regulator (500), Antioxidant (306), Food Acid (330), Colour (160a), Flavour], Gluten Free Flour, Milk Powder, Tomato Paste, Red Wine [Preservative 220, Tannins], Tasty Cheese [Milk, Salt, Culture, Enzyme, Anti-Caking Agent], Maize Starch, Salt, Canola Oil [Antioxidant (307), Emulsifier (900)], Brown Sugar, Ground Paprika, Dried Basil, Mixed Spices [Coriander, Cinnamon, Cassia, Ginger, Cloves], Ground White Pepper), Pumpkin, Green Beans, Cauliflower. CONTAINS MILK, SOY. MAY CONTAIN TRACES OF EGG, TREE NUTS, SESAME SEEDS, SULPHITES

Nutritional Details

Nutritional Details	Regular Size 380g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1018kJ (244Cal)	268kJ (64Cal)
Protein:	11g	2.9g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	11.4g	3g
--Saturated:	5.7g	1.5g
Carbohydrates:	21.3g	5.6g
--Sugars:	8g	2.1g
Dietary Fibre:	5.7g	1.5g
Folate:	95.8ug (48% RDI)	25.2ug
Sodium:	771mg	203mg
Potassium:	1125mg	296mg
Phosphorus:	570mg (57% RDI)	150mg

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.