



## *Beef Polpette with Diane Sauce*

Appetizing beef meatballs in a tasty Diane sauce, served with potato bake, beans, carrots and pumpkin.

Beef is a fantastic source of protein, loaded with vitamins, minerals, antioxidants.

### *Ingredients*

Meatballs (25%) [Beef (min 70%), Water, Textured Vegetable Protein (Soy), Dextrose Monohydrate, Salt, Wheat Fibre, Vegetable Powders, Herbs, Spices, Flavour, (Thermal Process Flavouring, Rapeseed Oil)], Potato Bake (25%) [Potatoes, Water, Skim Milk, Gluten Free Flour, Mozzarella Cheese, Tapioca, Salt, Pepper], Diane Sauce (15%) [Water, Cream, Bechamel Sauce (Water, Milk Powder, Butter, Cream, Tapioca, Salt, Thickeners (Corn) (1420, 1422), Xanthan Gum (415)), Garlic, Worcestershire Sauce (Citric Acid (330)), Tomato Paste Citric Acid (330)), Sugar, Lo Salt, Canola Oil, Soy Powder (Soy, Acidity Regulator (270)), Vegetable Protein Extract (Soy), Beef Stock Blend (Soy, Flavour Enhancer (627, 631))], Beans, Carrots, Pumpkin, Parsley. CONTAINS GLUTEN, MILK & MILK PRODUCTS, SOY.

### *Nutritional Details*

	Regular Size 400g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	2296kj (551Cal)	574kJ (138Cal)
Protein:	29.6g	7.4g
Fat, Total:	34.8g	8.7g
--Saturated:	15.2g	3.8g
Carbohydrates:	29.2g	7.3g
--Sugars:	13.6g	3.4g
Dietary Fibre:	6.8g	1.7g
Sodium:	1048mg	262mg
Potassium:	1228mg	307mg
Phosphorus:	392mg (39% RDI)	98mg

#### **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.