



## Boneless Beef Riblets

Tasty boneless minced beef riblets in savoury BBQ sauce, with potato and sweet potato wedges, red kidney beans and chick peas.

### Ingredients

Beef Riblet (27%) (Beef (62%), Sauce (Water, Sucrose Syrup, Tomato Paste, Vinegar, Malt Extract, Salt, Honey, Sugar, Thickener (1422), Spices, Vegetable Powder, Colour (150d), Vegetable Gum (415), Flavour), Breadcrumbs (Unbleached Flour, Yeast, Vegetable Fibre, Gluten, Salt, Vinegar, Wheat Bran, Vegetable Oil, Rye Flour, Rye Meal, Semolina, Cultured Whey, Dried Acid Whey, Vegetable Gum (412), Sugar, Emulsifiers (481,472E,471), Soy Flour, Preservatives (282,200), Thiamin, Water), Textured Vegetable Protein, Soy Protein Concentrate, Salt, Spices, Flavour Enhancers (621,635), Worcestershire Sauce Powder, Sugar, Soy Sauce Powder, Wheat Starch, Animal Fat, Maltodextrin, Yeast Extract, Colour (150C), Onion Powder, Food Acids (330,270), Mineral Salts (451,452,450), Cottonseed Oil, Water), Sweet Potato, Potato, Kidney Beans, Chick Peas, Tomato, Zucchini, Carrot, Capsicum, Onion, Celery, Olive Oil, Salt, Garlic, Basil, Pepper. CONTAINS: GLUTEN, MILK PRODUCTS, SOY PRODUCTS, SULPHITE, YEAST, HONEY

### Nutritional Details

	Regular Size 370g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	1832kj (439Cal)	495kJ (119Cal)
Protein:	19.2g	5.2g
Fat, Total:	20.7g	5.6g
--Saturated:	8.9g	2.4g
Carbohydrates:	40.3g	10.9g
--Sugars:	13.7g	3.7g
Dietary Fibre:	7.4g	2g
Folate:	79.5ug (40% RDI)	21.5ug
Sodium:	873mg	236mg
Potassium:	1265mg	342mg
Phosphorus:	349mg (35% RDI)	94mg

#### 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.