



Caramelised Onion Burger

Generous prime Angus beef patty with caramelised onion filling, topped with tomato relish served with mushy peas, sweet potato and potato wedges.



Ingredients

Potato (26%), Beef Patty (23%) [Beef (65%), Caramelised Onion Filling (10%) (Onion (40%), Sugar (Brown, White), Vinegar (Balsamic, White), Water, Thickener (1442), Mustard Seeds and Flour, Dried Sage (0.5%), Salt, Spice, Stabiliser (415), Preservative (202), Flavour], Rehydrated Onion, Breadcrumbs (Wheat Flour, Water, Yeast, Sugar, Gluten, Vegetable Oil, Salt, Emulsifier (472e), Acidity Regulator (262)], Textured Soy Protein, Egg, Salt, Whey Protein Concentrate (Milk Protein), Spices, Beef Extract, Mineral Salt (451), Hydrolysed Maize Protein], Peas, Sweet Potato, Sauce (Tomato, Onion, Tapioca, Vinegar, Sugar, Garlic). CONTAINS: GLUTEN, EGGS, MILK PRODUCTS, SOY, YEAST.

Nutritional Details

	Regular Size 390g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	1751kJ (420Cal)	449kJ (108Cal)
Protein:	23.4g	6g
Fat, Total:	13.3g	3.4g
--Saturated:	6.6g	1.7g
Carbohydrates:	46.4g	11.9g
--Sugars:	10.9g	2.8g
Dietary Fibre:	9.8g	2.5g
Folate:	88.9ug (44% RDI)	22.8ug
Sodium:	452mg	116mg
Potassium:	1283mg	329mg
Phosphorus:	372mg (37% RDI)	95mg

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.