



Chilli Con Carne - Mild

Fluffy white rice dotted with corn and capsicum accompanies mildly spiced lean beef mince with red kidney beans, served with carrot rounds, green beans and peas.



Ingredients

White Rice (25%), Beef (17%), Tomatoes, Onion, Water, Red Kidney Beans, Garlic, Oil, Coriander, Cumin, Bay Leaf, Chilli Powder (0.1%), Salt, Pepper, Oregano, Tapioca, Thyme, Corn, Capsicum, Carrots, Peas, Green Beans. CONTAINS: CHILLI, CORN.

Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1636kj (392Cal)	409kJ (98Cal)
Protein:	27.2g	6.8g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	9.6g	2.4g
--Saturated:	3.6g	0.9g
Carbohydrates:	44g	11g
--Sugars:	6.8g	1.7g
Dietary Fibre:	8.8g	2.2g
Folate:	104ug (52% RDI)	26ug
Sodium:	352mg	88mg
Potassium:	812mg	203mg
Phosphorus:	327mg (33% RDI)	82mg

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.