



Corned Silverside with White Sauce

Lightly salted silverside in a creamy white sauce served with potato mash, carrots, broccoli and cauliflower.



Ingredients

Beef (24%) [(Beef Silverside (83%), Water, Salt, Sugar, Mineral Salt (451), Dextrose, Anti-Oxidant (316), Sodium Nitrite (250), Humectant (422)], Potato (24%), Carrots, Broccoli, Cauliflower, White Sauce (16%) [Water, Skim Milk Powder, Tapioca, Canola Oil, Gluten Free Flour (Starch, Maize, Tapioca, Rice Flour, Thickener (464)], Stock Powder [Sea Salt, Maltodextrin (Maize), Rice Flour, Sugar, Yeast Extract, Natural Veg Flavours, Dehydrated Vegetables, Disodium Guanylate and Inosinate, Canola Oil, Caramel (150a)], Salt, Pepper. CONTAINS MILK PRODUCTS, YEAST.

Nutritional Details

Nutritional Details	Regular Size 410g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1242kj (298Cal)	303kJ (73Cal)
Protein:	33.6g	8.2g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	7.4g	1.8g
--Saturated:	2.9g	0.7g
Carbohydrates:	20.9g	5.1g
--Sugars:	8.2g	2g
Dietary Fibre:	5.7g	1.4g
Folate:	106.2ug (53% RDI)	25.9ug
Sodium:	1537mg	375mg
Potassium:	1103mg	269mg
Phosphorus:	410mg (41% RDI)	100mg

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.