



Economy - Beef Diane

Delicious lean beef cooked in a creamy mushroom sauce, served with pasta, peas and corn.



Ingredients

Ingredients: Beef (23%), Pasta (Durum wheat flour, Semolina, Water), Water, Green peas, Sweetcorn, Carrots, Onion, Mushroom, Celery, Whole milk powder, Cream, Canola oil, Tomato paste, Soya extract, Garlic, Tapioca starch, Salt, Worcestershire Sauce, Gravy (Potato starch, Dextrose, Yeast extract, Salt, Hydrolysed vegetable protein (Soy, Maize), Colour (150a), Vegetable powder, Spice), Maize starch, Promine, Black pepper, Beef booster (Natural vegetable flavours, Dextrose, Maltodextrin, Yeast extract, Vegetable protein extract, Flavour enhancers (627, 631), Dehydrated vegetables (Onion, Garlic), Vegetable oil (Cottonseed)), Vegetable gums (412, 415). THIS MEAL CONTAINS GLUTEN, DAIRY, CORN, SOY PRODUCTS, MUSHROOMS, YEAST

Nutritional Details

Nutritional Details	Regular Size 360g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1483kj (356Cal)	412kJ (99Cal)
Protein:	27.4g	7.6g
Fat, Total:	10.4g	2.9g
--Saturated:	3.6g	1g
Carbohydrates:	38.6g	10.7g
--Sugars:	6.9g	1.9g
Dietary Fibre:	6.8g	1.9g
Folate:	80.6ug (40% RDI)	22.4ug
Sodium:	244mg	68mg
Potassium:	728mg	202mg
Phosphorus:	324mg (32% RDI)	90mg

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.