



Economy - Hickory BBQ Beef

Lightly spiced, Southern styled BBQ flavoured beef casserole with creamy potato mash, juicy carrots and peas.



Ingredients

Ingredients: Beef (23%), Potato, Water, Carrot, Green peas, Onion, Butter beans, Tomato, Tomato paste, Egg pulp, Sugar, Sweetcorn, Lemon juice, Soya extract, Canola oil, Worcestershire sauce, Tapioca starch, Maize starch (modified), Garlic, Salt, Gravy Mix (Potato starch, Dextrose, Yeast extract, Salt, Hydrolysed vegetable protein (Soy, Maize), Colour (150a), Vegetable powder, Flavouring, Spice), Ginger, Black pepper, Coriander powder, Smoke flavour (0.07%), Paprika, Mustard powder, Cumin, Chilli powder, Parsley, Vegetable gum (415), Nutmeg. THIS MEAL CONTAINS EGGS, CORN, SOY PRODUCTS

Nutritional Details

Nutritional Details	Regular Size 360g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1057kj (254Cal)	294kJ (70Cal)
Protein:	24.1g	6.7g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	5.5g	1.5g
--Saturated:	1.3g	0.4g
Carbohydrates:	26.8g	7.5g
--Sugars:	11.7g	3.3g
Dietary Fibre:	6.2g	1.7g
Folate:	70.4ug (35% RDI)	19.6ug
Sodium:	157mg	44mg
Potassium:	986mg	274mg
Phosphorus:	241mg (24% RDI)	67mg

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.