

Economy - Potato & Spinach Oat Cakes

A moist potato and spinach oatcake, traditional baked beans, beef sausage, corn and capsicum mix and a tasty dollop of tomato relish on the side.



Ingredients

Cannellini Beans, Potato (14%), Sweetcorn, Beef Chipolata, Water, Onion, Tomato Sauce, Tomato, Capsicum, Egg Pulp, English Spinach (3%), Rolled Oats, Cheese, Cream, Wheat Flour (Contains Gluten), Tomato Paste, Canola Oil, Breadcrumbs, Low Iodised Salt, Lemon Juice, Sugar, Maize Starch (Modified), Garlic, Salt, Mustard, Vegetable Gum (415,412,414), Paprika, White Pepper, Cumin Powder, Oregano, Black Pepper. CONTAINS: EGG, GLUTEN, MILK PRODUCTS, CORN

Nutritional Details

Nutritional Details	Regular Size 350g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1472kj (353Cal)	421kJ (101Cal)
Protein:	17g	4.9g
Fat, Total:	15.2g	4.3g
--Saturated:	4.5g	1.3g
Carbohydrates:	36.3g	10.4g
--Sugars:	8.5g	2.4g
Dietary Fibre:	7.8g	2.2g
Folate:	86ug (43% RDI)	24.6ug
Sodium:	931mg	266mg
Potassium:	700mg	200mg
Phosphorus:	230mg (23% RDI)	66mg

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.