



Economy - Turkey Provencale

Diced turkey cooked in a mild tomato based sauce, served with herbed flavoured rice and sweet tender green peas.



Ingredients

Turkey (23%), Peas, Water, Rice, Tomatoes, Onions, Carrots, Tomato Paste, Maize Starch (Modified), Soya TVP Cream, Canola Oil, Garlic, Sugar, Salt, Onion Flakes, Xanthan Gum, Mixed Herbs, Guar Gum, Rosemary, Thyme. CONTAINS: SOY PRODUCTS

Nutritional Details

Nutritional Details	Regular Size 360g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1461kj (350Cal)	406kJ (97Cal)
Protein:	30.8g	8.6g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	8g	2.2g
--Saturated:	2g	0.6g
Carbohydrates:	40g	11.1g
--Sugars:	4.5g	1.3g
Dietary Fibre:	6.6g	1.8g
Folate:	71.9ug (36% RDI)	20ug
Sodium:	167mg	46mg
Potassium:	569mg	158mg
Phosphorus:	285mg (28% RDI)	79mg

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.