



Ham Steak & Pineapple

Moist ham steak lightly grilled, topped with pineapple, served with mushy peas, potato mash, carrots and gravy.



Ingredients

Ham (25%) [Pork (67%), Water, Salt, Dextrose (from maize), Starch, Mineral Salts (451, 450, 452), Flavour Enhancer (621), Sugar, Antioxidant (316), Sodium Nitrite (250)], Potato, Gravy [Thickeners (1422, 415), Tapioca Starch, Milk Solids, Dehydrated Vegetables, Salt, Hydrolysed Vegetable Protein (Maize), Vegetable Oils, Colours (150d, 101), Glucose, Acidity Regulator (330), Mineral Salts (340, 451), Emulsifiers (471, 472e), Rice Flour, Spice Extract], Peas, Pineapple (6%), Carrots, Milk, Pepper. CONTAINS: MILK PRODUCTS, SULPHITE

Nutritional Details

Nutritional Details	Regular Size 395g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1307kJ (314Cal)	331kJ (79Cal)
Protein:	21.7g	5.5g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	7.5g	1.9g
--Saturated:	2.8g	0.7g
Carbohydrates:	35.2g	8.9g
--Sugars:	8.3g	2.1g
Dietary Fibre:	7.1g	1.8g
Folate:	62.4ug (31% RDI)	15.8ug
Sodium:	1513mg	383mg
Potassium:	901mg	228mg
Phosphorus:	470mg (47% RDI)	119mg

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.