



## Homestyle Rissoles with Onion Gravy

Tasty rissoles in our popular onion gravy with potato mash, broccoli and sweet potato.



### Ingredients

Potato (25%), Beef (20%), Broccoli, Sweet Potato, Gravy (18%)[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], Onion (8%), Wheat germ, Sauce (Worcestershire/Tomato), Garlic, Pepper, Salt, Parsley, Milk, Oregano. CONTAINS: MILK PRODUCTS, GLUTEN, SULPHITE

### Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1416kj (340Cal)	354kJ (85Cal)
Protein:	32g	8g
Fat, Total:	8.4g	2.1g
--Saturated:	3.6g	0.9g
Carbohydrates:	29.6g	7.4g
--Sugars:	8.4g	2.1g
Dietary Fibre:	7.2g	1.8g
Folate:	124ug (62% RDI)	31ug
Sodium:	580mg	145mg
Potassium:	1112mg	278mg
Phosphorus:	327mg (33% RDI)	82mg

#### 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.