



## Pepper Steak Mild

Tender pepper steak served with potato and sweet potato mash, juicy beans, carrots and cauliflower.



### Ingredients

Beef (24%), Beans, Gravy [Skim Milk, Cracked Pepper, 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], Potato, Sweet Potato, Carrot, Cauliflower, Milk, Pepper (1%), Salt. CONTAINS: MILK PRODUCTS, PEPPERCORNS, SULPHITE

### Nutritional Details

Nutritional Details	Regular Size 370g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1273kj (305Cal)	344kJ (82Cal)
Protein:	29.6g	8g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	6.7g	1.8g
--Saturated:	3.3g	0.9g
Carbohydrates:	28.5g	7.7g
--Sugars:	10.4g	2.8g
Dietary Fibre:	4.8g	1.3g
Folate:	74.4ug (37% RDI)	20.1ug
Sodium:	344mg	93mg
Potassium:	895mg	242mg
Phosphorus:	333mg (33% RDI)	90mg

#### 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.