



## Pork Meatloaf with Orange Glaze

Moist and mildly flavoured with ginger and shallots, pork meatloaf is topped with orange scented gravy, served with mixed baked vegetables.



### Ingredients

Pork Meatloaf (28%) [Pork (77%), Water, Rice Flour, Shallots, Ginger, Salt, Garlic, Pepper, Mineral Salts (451), Preservative (223)] Potato, Stock, Sweet Potato, Cauliflower, Beans, Carrots, Marmalade (3.5%) [Sugar, Oranges (30%), Water, Gelling Agent (Fruit Pectin), Food Acids (330, 331), Natural Orange Oil], Gravy [Thickener (1422) (from tapioca), Maltodextrin (from Corn), Flavours [Demi-Glace, (4.9%), Flavour Enhancers (627,621), Sugar, Yeast Extract, Salt, Animal Fat, Shortening, Onion Powder, Colour (150c) Tomato Powder, Anti-Caking Agent (541), Vegetable Gums (415) Mineral Salts (450), Vegetable Oil]. CONTAINS: MILK PRODUCTS, SOY PRODUCTS, YEAST PRODUCTS, SULPHITE.

### Nutritional Details

Nutritional Details	Regular Size 360g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1271kj (305Cal)	353kJ (85Cal)
Protein:	21.6g	6g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	6.8g	1.9g
--Saturated:	2.2g	0.6g
Carbohydrates:	36.4g	10.1g
--Sugars:	14.8g	4.1g
Dietary Fibre:	4.3g	1.2g
Folate:	64.8ug (32% RDI)	18ug
Sodium:	691mg	192mg
Potassium:	1102mg	306mg
Phosphorus:	298mg (30% RDI)	83mg

#### 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.