



Pork Steaks in Plum Sauce

Tender and juicy pork steak with sweet plum sauce, served with Nasi Goreng rice, cauliflower and broccoli.



Ingredients

Rice (36%), Pork (22%), Plum Sauce (16%) (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], Plum Conserve [Sugar, Plums (40%), Gelling Agent (fruit pectin acids (citric acids 331), Colours 150c, 123], White Vinegar, Ginger, Dry Mustard), Broccoli, Cauliflower, Corn, Carrot, Peas, Capsicum, Nasi Goreng Paste (Chilli, Garlic, Onion, Cooking Oil, Sweet Soy Sauce, Salt), Onion, Oil, Salt, Pepper CONTAINS: MILK PRODUCTS, GLUTEN, CHILLI, SOY, SULPHITE

Nutritional Details

Nutritional Details	Regular Size 370g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	2028kj (486Cal)	548kJ (131Cal)
Protein:	30.7g	8.3g
Fat, Total:	13.3g	3.6g
--Saturated:	5.6g	1.5g
Carbohydrates:	59.6g	16.1g
--Sugars:	8.9g	2.4g
Dietary Fibre:	4.1g	1.1g
Folate:	65.9ug (33% RDI)	17.8ug
Sodium:	241mg	65mg
Potassium:	692mg	187mg
Phosphorus:	307mg (31% 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.