



Roast Beef with Rich Brown Gravy

Tender slices of beef served with roast potatoes, roast carrots, beans, peas and gravy.



Ingredients

Beef (25%), Gravy (17%) [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], Potatoes, Carrots, Beans, Peas, Paprika, Pepper. CONTAINS DAIRY, SULPHITES.

Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1272kj (305Cal)	318kJ (76Cal)
Protein:	37.2g	9.3g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	3.6g	0.9g
--Saturated:	0.8g	0.2g
Carbohydrates:	26.8g	6.7g
--Sugars:	7.6g	1.9g
Dietary Fibre:	6g	1.5g
Folate:	84ug (42% RDI)	21ug
Sodium:	464mg	116mg
Potassium:	1276mg	319mg
Phosphorus:	472mg (48% RDI)	118mg

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.