



## Roast Turkey with Cranberry Sauce

Tender sliced turkey, brown gravy, cranberry sauce, roast potatoes, roast pumpkin, peas, broccoli and beans.



### Ingredients

Turkey (24%) [Turkey Breast Meat, Thickener (1442), Whey Powder, Sucrose, Mineral Salts (451, 452, 508), Dextrose, Salt, Vegetable Gum (407), Hydrolysed Vegetable Protein, Water], Potato, 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], Pumpkin, Peas, Broccoli, Beans, Cranberry Sauce (5%) [Water, Cranberries (34%), Sugar], Oil, Paprika, Salt, Pepper. CONTAINS: MILK PRODUCTS, SULPHITE.

### Nutritional Details

Nutritional Details	Regular Size 410g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1382kj (331Cal)	337kJ (81Cal)
Protein:	36.5g	8.9g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	5.7g	1.4g
--Saturated:	1.2g	0.3g
Carbohydrates:	29.1g	7.1g
--Sugars:	12.7g	3.1g
Dietary Fibre:	6.1g	1.5g
Folate:	85.7ug (43% RDI)	20.9ug
Sodium:	976mg	238mg
Potassium:	1283mg	313mg
Phosphorus:	471mg (47% RDI)	115mg

#### 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.