



Sausages in Onion Gravy

Tasty skinless sausages in home-style onion gravy, creamy potato mash, peas and carrots.



Ingredients

Sausage (38%) [Beef, Lamb (70%), Water, Rice Flour, Potato Starch, Salt, Mineral Salt (451), Preservative (223), Canola Oil, Spice and Herb Extracts, Natural Colour (160c), Antioxidant (320, 310), Acidity Regulator (330)], Potato, Gravy (15%) [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], Peas, Carrots, Milk, Onions (2.5%), Salt, Pepper. CONTAINS: MILK PRODUCTS, SOY, SULPHITE.

Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	2208kJ (529Cal)	552kJ (132Cal)
Protein:	23.6g	5.9g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	32.8g	8.2g
--Saturated:	16.4g	4.1g
Carbohydrates:	30.4g	7.6g
--Sugars:	6g	1.5g
Dietary Fibre:	8.8g	2.2g
Folate:	52ug (26% RDI)	13ug
Sodium:	1304mg	326mg
Potassium:	1000mg	250mg
Phosphorus:	544mg (55% RDI)	136mg

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.