



Steak and Kidney Pie

Prime pieces of beef with tender kidneys, topped with a pastry lid, creamy potato mash, peas and sweet potato.



Ingredients

Potato (21%), Beef (17%), Peas, Kidney (11%), Onion, Sweet Potato, Pastry, Water, Carrot, Celery, Tapioca, Tomato Paste, Mustard, Worcestershire Sauce, 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], Salt, Parsley, Milk, Pepper. CONTAINS: GLUTEN, MILK PRODUCTS, SULPHITE

Nutritional Details

Nutritional Details	Regular Size 380g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1813kj (435Cal)	477kJ (114Cal)
Protein:	44.1g	11.6g
Fat, Total:	11.8g	3.1g
--Saturated:	3.4g	0.9g
Carbohydrates:	33.4g	8.8g
--Sugars:	8g	2.1g
Dietary Fibre:	7.2g	1.9g
Folate:	102.6ug (52% RDI)	27ug
Sodium:	551mg	145mg
Potassium:	882mg	232mg
Phosphorus:	391mg (41% RDI)	103mg

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.