



Steak Pie with Mushroom Gravy

A traditional style meat pie with gravy, creamy potato and pumpkin mash, carrots and peas.



Ingredients

Pie (44%) {Water, Unbleached Wheat Flour, Meat (25%), Margarine (Animal & Veg Fats & Oils), Non-Fat Milk Solids, Salt, Emulsifiers (322 (Soy), 471), Flavour Antioxidants (306, 320), Thickener (1422), Textured Vegetable Protein (from Soy), Salt, Colours (150c, 160a, 160b, 110), Onion Powder, Hydrolysed Veg Protein, Dextrose (from wheat), Raising Agents (450, 500), Maltodextrin, Flavour [Flavour Enhancers 621, 631], Acidity Regulator (330)}, Spice, Sugar, Pastry Glaze [Non-Fat Milk Solids, Acidity Regulators (451, 500) Dried Glucose Syrup (from wheat), Thickener (464)], 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], Peas, Potato, Carrot, Pumpkin, Mushrooms (3%), Pepper. CONTAINS GLUTEN, MILK, SOY, SULPHITES.

Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	2232kj (535Cal)	558kJ (134Cal)
Protein:	20g	5g
Fat, Total:	26g	6.5g
--Saturated:	12.4g	3.1g
Carbohydrates:	50g	12.5g
--Sugars:	11.2g	2.8g
Dietary Fibre:	6.8g	1.7g
Folate:	68.8ug (34% RDI)	17.2ug
Sodium:	976mg	244mg
Potassium:	852mg	213mg
Phosphorus:	353mg (35% RDI)	88mg

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.