



## Traditional Meatloaf with Gravy

A lean beef mince favourite with carrots, beans and creamy potato mash sprinkled with herbs.



### Ingredients

Potato (24%), Beef (16%), Carrots, Beans, Gravy (14%), [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], Onion, Milk, Breadcrumbs, Mustard, Egg, Sauce (Tomato, Worcestershire), Garlic, Parsley, Sage, Basil, Salt, Pepper. CONTAINS: GLUTEN, MILK PRODUCTS, EGGS, SULPHITE

### Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1484kj (356Cal)	371kJ (89Cal)
Protein:	26g	6.5g
Fat, Total:	10g	2.5g
--Saturated:	4.4g	1.1g
Carbohydrates:	35.6g	8.9g
--Sugars:	9.2g	2.3g
Dietary Fibre:	7.2g	1.8g
Folate:	80ug (40% RDI)	20ug
Sodium:	912mg	228mg
Potassium:	1000mg	250mg
Phosphorus:	384mg (38% RDI)	96mg

#### 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.