



Beef Rissoles & Onion Gravy - NEW

Tasty rissoles topped with onion gravy, served with potato mash, and a cabbage, carrot and pea mix.



Ingredients

Beef Rissoles (30%) (Beef Mince (17%), Gluten Free Bread Crumbs (Rice Flour, Maize Flour, Dextrose (Tapioca Maize), Salt, Mineral Salts (450, 500)), Onion (4.5%), Garlic, Tomato Puree (Reconstituted Tomato Puree (97%), Sugar, Salt, Acidity Regulator (330)), Worcestershire Sauce (Colour (150d)), Pepper, Low Sodium Salt (Potassium Chloride), Oregano), Potato Mash (25%) (Potato (16%) (Preservative (220)), Water, Skim **Milk** Powder (**Milk Solids**), Tapioca Starch, Low Sodium Salt (Potassium Chloride), Salt, Pepper), Onion Gravy (20%) (Gravy Mix (Water, Gravy (Modified Tapioca Starch (1442)), Natural Flavours, Maize Maltodextrin, Modified Starch (1422), Tomato Paste (Acidity Regulator (330))), Onion (2.5%), Carrot (8%), Peas (8%), White Cabbage (8%), Butter (**Milk**), Salt.

CONTAINS MILK. MAY CONTAIN SOY.

Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1488kj (357Cal)	372kJ (89Cal)
Protein:	22.2g	5.5g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	14g	3.5g
--Saturated:	7g	1.8g
Carbohydrates:	48.7g	12.2g
--Sugars:	9g	2.2g
Dietary Fibre:	6.7g	1.7g
Sodium:	968mg	242mg
Potassium:	984mg	246mg

Disclaimer:

Nutrition analysis is prepared using our FOODWORKS© software system. To ensure dietary requirements are met, all nutritional claims are supported and reviewed independently. Meals are portion controlled to assist with healthy weight management.