



Corned Silverside with White Sauce - NEW

Lightly salted silverside in a creamy white sauce served with potato mash, peas and cauliflower.



Ingredients

Potato Mash (29%) (Potato (66%) (Preservative (220)), Water, Skim **Milk** Powder (**Milk Solids**), Tapioca Starch, Low Sodium Salt (Potassium Chloride), Salt, Pepper), Silverside (23%) (Beef (97%), Salt, Seasoning (Mineral Salts (451, 452), Antioxidant (316), Preservative (250)), Cane Sugar, flavour (Salt, Maltodextrin (Maize), Sugar, Yeast Extract, Flavour, Emulsifier (433), Fermented Red Rice)), White Sauce (20%) (Bchamel Sauce (Water, **Milk** Powder, Butter (**Milk**), Cream (**Milk**), Tapioca Starch, Modified Corn Starch (1420), Salt, Vegetable Gum (Xanthan Gum)), Water, Dijon Mustard (Acidity Regulator (260)), Garlic, Low Sodium Salt (Potassium Chloride), Onion Powder, Vegetable Flavour Blend, Pepper, Salt), Cauliflower (14%), Peas (14%).

CONTAINS MILK.

Nutritional Details

Nutritional Details	Regular Size 350g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1334kj (320Cal)	381kJ (91Cal)
Protein:	28.2g	8.1g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	10.4g	3g
--Saturated:	5.7g	1.6g
Carbohydrates:	24.8g	7.1g
--Sugars:	7.5g	2.1g
Dietary Fibre:	4.7g	1.3g
Sodium:	679mg	194mg
Potassium:	896mg	256mg

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.