



Economy - Beef Diane

Delicious lean beef cooked in a creamy mushroom sauce, served with pasta, peas and corn.

Pasta is a good source of selenium, which is a vital mineral for the human body. It increases immunity, takes part in antioxidant activity that defends against free radical damage and inflammation, and plays a role in maintaining a healthy metabolism.



Ingredients

Beef (26%), Pasta (22%) (Water, Penne Pasta (Durum Wheat, Semolina), Canola Oil, Lo Salt, Pepper), Peas (12%), Sweet Corn (12%), Carrots, Mushrooms, Celery, Onions, Milk Powder (Whole Milk, Milk Solids), Tomato Paste, Cream (Cream, Milk Solids, Thickener (1422), Stabiliser (460, 466, 452), Emulsifier (471)), Textured Vegetable Protein Granules (Soy Flour, Caramel Colour (150a)), Garlic, Tapioca, Worcestershire Sauce (Colour (150d)), Canola Oil, Lo Salt Gravy Mix (contains Soy, Colour (150a)), Modified Corn Starch (1422), Soy Powder (contains Soy, Acidity Regulator (270)), Lo Salt, Beef Stock Blend (contains Soy, Flavour Enhancer (627, 631)), Vegetable Gums (412, 415), Pepper. CONTAINS GLUTEN, CONTAINS WHEAT, SOY, MILK. MAY CONTAIN EGGS.

Nutritional Details

	Regular Size 360g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	2016kj (483Cal)	560kJ (134Cal)
Protein:	32.4g	9g
Fat, Total:	17.6g	4.9g
--Saturated:	6.5g	1.8g
Carbohydrates:	46.1g	12.8g
--Sugars:	7.9g	2.2g
Dietary Fibre:	7.2g	2g
Sodium:	403mg	112mg
Potassium:	684mg	190mg

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.