



Economy - Turkey Provencal

Diced turkey cooked in a mild tomato based sauce, served with herbed flavoured rice and sweet tender green peas.

Turkey contains an amino acid called tryptophan. This amino acid is a precursor for the brain chemical serotonin, which is associated with healthy sleep.



Ingredients

Herb Rice (28%) (Water, White Rice, Canola Oil, Onion Flakes, Lo Salt, Mixed Herbs), Turkey (25%), Peas (25%), Carrots, Crushed Tomatoes (contains Citric Acid (330)), Onions, Tomato Paste, Modified Corn Starch (1422), Soy Protein Isolate, Garlic, Sugar, Vegetable Gums (415, 412), Dried Rosemary, Dried Thyme, Lo Salt. CONTAINS SOY.

Nutritional Details

	Regular Size 360g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	1519kj (364Cal)	422kJ (101Cal)
Protein:	30.2g	8.4g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	6.5g	1.8g
--Saturated:	1.4g	0.4g
Carbohydrates:	41.4g	11.5g
--Sugars:	6.1g	1.7g
Dietary Fibre:	8.6g	2.4g
Sodium:	428mg	119mg
Potassium:	760mg	211mg

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.