



## Grilled Steak with Diane Sauce

Moist, tender beef steak topped with tasty Diane sauce with potato wedges, green beans, carrots and peas.

A tasty meal which is heart-friendly and gluten free!



### Ingredients

Potato Wedges (25%) (Potato, Paprika, Salt, Pepper), Beef (22%), Diane Sauce (15%) (Water, Cream, Bechamel Sauce [Water, Milk Powder (Whole Milk, Milk Solids), Clarified Butter, Cream, Tapioca, Salt, Modified Corn Starch (1420), Xanthan Gum (415)], Garlic, Worcestershire Sauce [citric acid (330)], Tomato Paste (citric acid (330)), Sugar, Tapioca, Modified Corn Starch (1422), Lo Salt, Canola Oil, Soy Powder [contains Soy, Acidity Regulator (270)], Vegetable Protein Extract (contains Soy), Beef Stock Blend (contains Soy, Flavour Enhancer (627, 631), Xanthan Gum (415)), Carrots, Beans, Peas, Parsley. CONTAINS MILK, SOY. MAY CONTAIN PEANUTS, TREE NUTS. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/BONE FRAGMENTS.

### Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1648kj (395Cal)	412kJ (99Cal)
Protein:	32g	8g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	12g	3g
--Saturated:	5.6g	1.4g
Carbohydrates:	34g	8.5g
--Sugars:	10.4g	2.6g
Dietary Fibre:	10g	2.5g
Sodium:	424mg	106mg
Potassium:	1016mg	254mg
Phosphorus:	404mg (40% RDI)	101mg

#### 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.