



## Pepper Steak Mild

Tender pepper steak served with potato and sweet potato mash, juicy beans, carrots and cauliflower.

The combination of both potato and sweet potato in our mash ramps up its nutritional value. Sweet potatoes are high in B vitamins and Vitamin A. Their orange colour indicates they are high in carotenoids. Dietary carotenoids are believed to provide health benefits in decreasing the risk of disease due to their role as antioxidants.



### Ingredients

Beef (24%), Potato Mash [Potatoes, Sweet Potatoes, Skim Milk, Cornflour, Salt, Pepper], Gravy [Skim Milk, Cracked Pepper (1%), Thickeners (1442, 1422), Salt, Natural Flavour, Vegetable Powders, Colour (150d), Canola Oil, Vegetable Gum (466), Spice, Herbs, Cornflour], Beans, Carrots, Cauliflower, Parsley. CONTAINS MILK.

### Nutritional Details

	Regular Size 370g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	1273kj (305Cal)	344kJ (82Cal)
Protein:	29.6g	8g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	6.7g	1.8g
--Saturated:	3.3g	0.9g
Carbohydrates:	28.5g	7.7g
--Sugars:	10.4g	2.8g
Dietary Fibre:	4.8g	1.3g
Folate:	74.4ug (37% RDI)	20.1ug
Sodium:	318mg	86mg
Potassium:	796mg	215mg
Phosphorus:	333mg (33% RDI)	90mg

#### 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.