



Pork Steak in Plum Sauce

Tender and juicy pork steak with sweet plum sauce, served with Nasi Goreng rice, cauliflower and broccoli.

We have put a tasty and healthy spin on this meal that is usually high in fat and calories. Our version is a flavoursome, heart friendly dinner which is also medically low in sodium and has the approval of Diabetes NSW.



Ingredients

Rice (40%) [Rice, Corn, Carrots, Peas, Capsicum, Nasi Goreng Paste (Onions, Water, Soybean Oil, Dark Soy Sauce, Caramel (150a), Water, Salt, Food Acid (270), Tomato Paste, Garlic, Sugar, Shallot, Dried Chilli, White Pepper, Turmeric)], Pork (22%), [(Gravy {Water, Thickeners (1442, 1422), Salt, Natural Flavour, Vegetable Powders, Colour (150d), Canola Oil, Vegetable Gum (466), Spice, Herbs}, Tapioca), Plum Conserve (Sugar, Plums (40%), Fruit Pectin (440A), Lemon Juice), White Vinegar, Ginger, Dry Mustard], Broccoli, Cauliflower, Onions, Oil, Salt, Pepper. CONTAINS SOY. MAY CONTAIN PEANUTS, TREE NUTS. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/BONE FRAGMENTS.

Nutritional Details

	Regular Size 370g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	2028kj (486Cal)	548kJ (131Cal)
Protein:	30.7g	8.3g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	13.3g	3.6g
--Saturated:	5.6g	1.5g
Carbohydrates:	59.6g	16.1g
--Sugars:	8.9g	2.4g
Dietary Fibre:	4.1g	1.1g
Folate:	65.9ug (33% RDI)	17.8ug
Sodium:	248mg	67mg
Potassium:	659mg	178mg
Phosphorus:	307mg (31% RDI)	83mg

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.