



Potato Bake

In the mood for good old fashioned comfort food? You can't go past this generous serve of tempting gluten free potato bake.

One potato contains more potassium than one banana. Potatoes are also high in Vitamin C which aids in collagen production; assists with iron absorption and helps heal wounds.



Ingredients

Potatoes (54%), Water, Skim Milk, Gluten Free Flour (Maize Starch, Tapioca Flour, Rice Flour, Vegetable Gums), Mozzarella Cheese, Tapioca, Salt, Pepper. CONTAINS MILK. MAY CONTAIN PEANUTS, TREE NUTS.

Nutritional Details

	Regular Size 300g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	918kj (220Cal)	306kJ (73Cal)
Protein:	11.1g	3.7g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	1.8g	0.6g
--Saturated:	0.9g	0.3g
Carbohydrates:	37.5g	12.5g
--Sugars:	8.1g	2.7g
Dietary Fibre:	2.4g	0.8g
Folate:	53.2ug (20% RDI)	17.7ug
Sodium:	843mg	281mg
Potassium:	795mg	265mg
Phosphorus:	224mg (22% RDI)	75mg

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.