



Roast Beef & Mustard Gravy - NEW

Tender slices of beef served with roast potatoes, carrots and peas topped with a mustard gravy.



Ingredients

Roast Potato (31%) (Potato (31%) (Preservative (220)), Salt, Canola Oil, Paprika, Pepper), Roast Beef (23%), Mustard Gravy (20%) (Gravy Mix (17%) (Water, Gravy (Modified Tapioca Starch (1442)), Natural Flavours, Maize Maltodextrin, Modified Starch (1422), Tomato Paste (Acidity Regulator (330))), Seeded Mustard (2.5%) (Water, Mustard Seed (28%), Salt, Sugar, Acidity Regulator (260), Turmeric, Marjoram, Thyme, Garlic Extract, Spice Extract)), Roast Carrot (17%) (Carrot (98%), Dried Rosemary, Salt, Canola Oil), Peas (9%).

Nutritional Details

Nutritional Details	Regular Size 350g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1270kJ (305Cal)	363kJ (87Cal)
Protein:	29.1g	8.3g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	5.5g	1.6g
--Saturated:	1.6g	0.5g
Carbohydrates:	29.8g	8.5g
--Sugars:	6.8g	1.9g
Dietary Fibre:	7.2g	2.1g
Sodium:	850mg	243mg
Potassium:	1088mg	311mg

Disclaimer:

Nutrition analysis is prepared using our FOODWORKS© software system. To ensure dietary requirements are met, all nutritional claims are supported and reviewed independently. Meals are portion controlled to assist with healthy weight management.