



## Roast Turkey with Cranberry Sauce

Tender sliced turkey, brown gravy, cranberry sauce, roast potatoes, roast pumpkin, peas, broccoli and beans.

White meat such as turkey, is a lean source of protein with a lower fat content than red meat. Turkey is lower in saturated fats than most other meats. Saturated and trans fat increases the risk of heart disease. Our Roast Turkey has a heart-friendly icon and the approval of Diabetes NSW.



### Ingredients

Turkey (24%) [Turkey Breast (84%), Water, Salt, Acidity Regulators (326, 261), Modified Starch (1412), Potato Starch, Dextrose (Maize), Sugar, Mineral Salts (451, 450), Hydrolyzed Vegetable Protein (Maize), Vegetable Gum (407, 415), Flavour Enhancer (635), Yeast Extract, Flavouring], Gravy [Water, Thickeners (1442, 1422), Salt, Natural Flavour, Vegetable Powders, Colour (150d), Canola Oil, Vegetable Gum (466), Spice, Herbs, Tapioca], Cranberry Sauce (5%) [Sugar, Cranberries (32%), Vegetable Gum (Pectin), Food Acid (330)], Potatoes, Pumpkin, Broccoli, Peas, Beans, Oil, Paprika, Salt, Pepper. MAY CONTAIN PEANUTS, TREE NUTS. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/BONE FRAGMENTS.

### Nutritional Details

Nutritional Details	Regular Size 410g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1382kj (331Cal)	337kJ (81Cal)
Protein:	36.5g	8.9g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	5.7g	1.4g
--Saturated:	1.2g	0.3g
Carbohydrates:	29.1g	7.1g
--Sugars:	12.7g	3.1g
Dietary Fibre:	6.1g	1.5g
Folate:	85.7ug (43% RDI)	20.9ug
Sodium:	976mg	238mg
Potassium:	1283mg	313mg
Phosphorus:	471mg (47% RDI)	115mg

#### 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.