



## Sausages & Onion Gravy - NEW

Juicy skinless sausages in rich onion gravy, served with creamy mash, peas and carrots.



### Ingredients

Sausages (33%) (Meat (70%), Water, Rice Flour, Potato Starch, Salt, Mineral Salt (451), Preservative (223) (**Sulphites**), Spice & Herb Extracts), Onion Gravy (19%) (Gravy Mix (18%) (Water, Gravy (Modified Tapioca Starch (1442)), Natural Flavours, Maize Maltodextrin, Modified Starch (1422), Tomato Paste (Acidity Regulator (330))), Onion (2.5%)), Potato Mash (20%) (Potato (13%) (**Sulphites**) (Preservative (220)), Water, Skim Milk Powder (**Milk Solids**), Tapioca Starch, Low Sodium Salt (Potassium Chloride), Salt, Pepper), Carrot (14%), Peas (14%).

**CONTAINS MILK, SULPHITES. MAY CONTAIN SOY.**

### Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	2116kj (507Cal)	529kJ (127Cal)
Protein:	23.8g	6g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	29g	7.2g
--Saturated:	14.3g	3.6g
Carbohydrates:	36.2g	9g
--Sugars:	7.2g	1.8g
Dietary Fibre:	6.3g	1.6g
Sodium:	1180mg	295mg
Potassium:	592mg	148mg

#### 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.