



## Steak and Kidney Pie

Prime pieces of beef with tender kidneys, topped with a pastry lid, creamy potato mash, peas and sweet potato.

Offal such as kidney is a great source of protein and are extremely high in natural vitamin A, which is crucial for your health. Vitamin A is a fat-soluble vitamin that supports healthy vision, skin, bones and other tissues in the body.



### Ingredients

Pie (47%) [Minced Beef (17%), Lamb Kidney (11%), Onions, Water, Carrots, Celery, Tapioca, Tomato Paste (Concentrated Tomato, Salt), Hot English Mustard (Water, Mustard Seeds, Salt, Vegetable Shortening, Mustard Flavour, Turmeric, Food Acid (Citric), Emulsifier (Lecithin (Soy))), Vegetable Oil, Colour (Beta-Carotene), Spice Extract), Worcestershire Sauce (Water, White Vinegar, Molasses, Onion, Salt, Garlic, Spices, Natural Flavours, Colour (150d)), Gravy (Water, Thickeners (1442, 1422), Salt, Natural Flavour, Vegetable Powders, Colour (150d), Canola Oil, Vegetable Gum (466), Spice, Herbs, Tapioca), Salt, Pepper, Parsley], Potato Mash [Potatoes, Skim Milk, Tapioca, Salt, Pepper], Puff Pastry [Wheat Flour, Water, Margarine (Vegetable Oils, Water, Salt, Emulsifiers (471, Soy Lecithin) Food Acid (330), Flavour, Antioxidant (307b), Colour (160a), Salt, Preservative 202, 281), Food Acid 330], Peas, Sweet Potatoes. CONTAINS GLUTEN, WHEAT, MILK, SOY. MAY CONTAIN PEANUTS, TREE NUTS. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/BONE FRAGMENTS.

### Nutritional Details

Nutritional Details	Regular Size 380g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1813kj (435Cal)	477kJ (114Cal)
Protein:	44.1g	11.6g
Fat, Total:	11.8g	3.1g
--Saturated:	3.4g	0.9g
Carbohydrates:	33.4g	8.8g
--Sugars:	8g	2.1g
Dietary Fibre:	7.2g	1.9g
Folate:	102.6ug (52% RDI)	27ug
Sodium:	551mg	145mg
Potassium:	882mg	232mg
Phosphorus:	391mg (41% RDI)	103mg

#### 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.