



Steak Pie with Mushroom Gravy

A traditional style meat pie with gravy, creamy potato and pumpkin mash, carrots and peas. The meat pie is considered iconic in Australia however it is believed to have originated in Europe! Our mushroom gravy goes perfectly with our Pie and our tasty selection of vegetables makes this an enjoyable meal.

Ingredients

Pie (44%) [Water, Wheat Flour, Beef (26%), Margarine [Animal Fat, Palm Oil, Water, Salt, Emulsifiers (471, 322 {Soy}, Acidity Regulator (330), Natural Flavour, Natural Colour (160a)], Thickener (1422), Textured Soy Protein, Seasoning Mix Contains Soy, Wheat, Flavour Enhancers (Disodium Inosinate, 5-, Disodium guanylate, 5)], Natural Colours (150a, 160a), Salt, Onion Powder, Dextrose, Black Pepper, Hydrolysed Vegetable Protein, Pastry Glaze (contains Milk, Natural Colour (160a)], Gravy (14%) [Thickeners (1442, 1422), Salt, Natural Flavour, Vegetable Powders, Colour (150d), Canola Oil, Vegetable Gum (466), Spice, Herbs, Tapioca), Mushrooms (3%), Potato Mash [Potatoes, Pumpkin, Skim Milk, Tapioca, Salt, Pepper], Peas, Carrots, Parsley. CONTAINS WHEAT, GLUTEN, MILK, SOY. MAY CONTAIN PEANUTS, TREE NUTS. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/BONE FRAGMENTS.

Nutritional Details

Regular Size 400g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	2232kj (535Cal)	558kJ (134Cal)
Protein:	20g	5g
Fat, Total:	26g	6.5g
--Saturated:	12.4g	3.1g
Carbohydrates:	50g	12.5g
--Sugars:	11.2g	2.8g
Dietary Fibre:	6.8g	1.7g
Folate:	68.8ug (34% RDI)	17.2ug
Sodium:	976mg	244mg
Potassium:	852mg	213mg
Phosphorus:	353mg (35% RDI)	88mg

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.