



## Sweet & Sour Pork - NEW

A classic Asian-inspired dish featuring tender pork pieces in a traditional sweet and sour sauce, served with steamed basmati rice, broccoli and carrots.



### Ingredients

Sweet & Sour Pork (50%) (Pork (19%), Water, Capsicum, Carrot (3.5%), Onion, Tomato Paste (Acidity Regulator (330)), Pineapple Pieces, Honey, Vinegar, Sugar, Canola Oil, Modified Starch (1422), Garlic, Salt, Pepper), Cooked Rice (25%) (Water, Basmati Rice), Broccoli (13%), Carrot (13%).

### Nutritional Details

	Regular Size 400g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	1412kj (339Cal)	353kJ (85Cal)
Protein:	20.4g	5.1g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	7.8g	2g
--Saturated:	2g	0.5g
Carbohydrates:	42.2g	10.6g
--Sugars:	19.1g	4.8g
Dietary Fibre:	6.4g	1.6g
Sodium:	464mg	116mg
Potassium:	896mg	224mg

#### 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.