



## Tasty Pork Meatloaf

With a hint of ginger, this tempting meatloaf is complemented by a plum infused gravy, served with mixed baked vegetables.

Pork is a protein filled with vitamins and minerals. Lean pork can be an excellent addition to a healthy diet.



### Ingredients

Meatloaf (25%) [Pork Mince, Onions, Gluten Free Breadcrumbs, Eggs, Garlic Paste (Garlic, Salt), Ginger, Canola Oil, Parsley, Shallots, Chilli Flakes], Plum Sauce (15%) [Gravy [Thickeners (1442, 1422), Salt, Natural Flavour, Vegetable Powders, Colour (150d), Canola Oil, Vegetable Gum (466), Spice, Herbs, Tapioca], Plum Conserve (Sugar, Plums (40%), Fruit Pectin (440a), Lemon Juice), White Vinegar, Ginger, Dry Mustard], Potatoes, Pumpkin, Sweet Potatoes, Beans. CONTAINS EGG. MAY CONTAIN PEANUTS, TREE NUTS. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/ BONE FRAGMENTS.

### Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1472kj (353Cal)	368kJ (88Cal)
Protein:	24.4g	6.1g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	4.4g	1.1g
--Saturated:	1.2g	0.3g
Carbohydrates:	48g	12g
--Sugars:	29.6g	7.4g
Dietary Fibre:	8.8g	2.2g
Sodium:	372mg	93mg
Potassium:	1080mg	270mg

#### 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.