



## Beef Goulash

Tender strips of beef cooked to perfection with peas, beans, broccoli, carrots and steamed potatoes.

Lean beef is very high in protein and is loaded with highly bioavailable iron, vitamin B12 and numerous other nutrients. It is a great source of iron in your diet.



### Ingredients

Goulash (51%) [Beef (23%), Onions, Tomatoes, Potatoes, Capsicum, Carrots, Tomato Paste [Concentrated Tomato, Salt], Cornflour, Paprika, Salt, Pepper], Potatoes, Carrots, Beans, Peas, Broccoli, Oil, Parsley.

### Nutritional Details

	Regular Size 390g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	1416kJ (339Cal)	363kJ (87Cal)
Protein:	37.4g	9.6g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	7.8g	2g
--Saturated:	3.1g	0.8g
Carbohydrates:	26.9g	6.9g
--Sugars:	8.2g	2.1g
Dietary Fibre:	8.2g	2.1g
Folate:	93.6ug (12% RDI)	24ug
Sodium:	324mg	83mg
Potassium:	1154mg	296mg
Phosphorus:	280mg (28% RDI)	72mg

#### 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.