



Beef in Red Wine Casserole

Tender diced beef casseroled in red wine and served with sweet potato mash, beans, peas and broccoli.

A healthy serving of protein is often the key to staying fuller for longer. Consider your heart health and choose lean meat. Sweet potato is a great choice for a lower carbohydrate and contains some vitamin C, protein and potassium.



Ingredients

Casserole (51%) (Beef (22%), Onion, Tomato, Carrot, Red Wine (5%) {Preservative 202,220} (**Sulphites**), Celery, Tomato Paste (Concentrated Tomato, Salt), Paprika, Tapioca, Salt, Oil, Pepper), Sweet Potato Mash (Potatoes, Sweet Potato, Skim Milk, Tapioca, Salt, Pepper), Broccoli, Beans, Peas.

CONTAINS MILK, SULPHITES. MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. 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:	1384kj (332Cal)	346kJ (83Cal)
Protein:	26g	6.5g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	7.6g	1.9g
--Saturated:	3.2g	0.8g
Carbohydrates:	38.8g	9.7g
--Sugars:	5.2g	1.3g
Dietary Fibre:	8.4g	2.1g
Folate:	92ug (46% RDI)	23ug
Sodium:	352mg	88mg
Potassium:	1032mg	258mg
Phosphorus:	338mg (34% RDI)	85mg

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.