



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 (50%) [Beef (23%), Onions, Tomatoes, Carrots, Red Wine (5%) [Preservative 202,220], Celery, Tomato Paste [Concentrated Tomato, Salt], Paprika, Cornflour, Oil, Salt, Pepper], Potato Mash [Potatoes, Sweet Potatoes, Skim Milk, Cornflour, Salt, Pepper], Beans, Peas, Broccoli. CONTAINS: MILK, SULPHITES.

Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	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. 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.