



## Beef Meatballs & Diane Sauce - NEW

Appetizing beef meatballs in a tasty Diane sauce, served with a spinach and parmesan mash with a side of beans and roasted tomatoes.



### Ingredients

Beef Meatball (29%) (Beef (71%), Marinade (Rice Flour, Dehydrated Vegetables, Salt, Pea Protein, Citrus Fibre, Herb & Spice, Vinegar Powder, Natural Colour (160c), Salt, Dextrose (Maize), Sugar, Mineral Salts (451, 450, 452), Natural Flavours, Hydrolysed Vegetable Protein (Maize), Vegetable Gum (412), Spice Extract), Breadcrumbs (Rice Flour, Palm Oil, Glutinous Rice Flour, Yeast, Dextrose, Sugar, Salt), Water, Sunflower Lecithin, Smoke Flavour), Spinach & Parmesan Mash (29%) (Potato Mash (23%) (Potato (15%) (Preservative (220)), Water, Skim Milk Powder (Milk Solids), Tapioca Starch, Low Sodium Salt (Potassium Chloride), Salt, White Pepper), Spinach, Parmesan Cheese (Milk, Anticaking Agent (Tapioca Starch), Preservative (200))), Diane Sauce (17%) (Water, Cream (Milk), Bchamel Sauce (Water, Milk Powder, Butter (Milk), Cream (Milk), Tapioca Starch, Modified Corn Starch (1420), Salt, Vegetable Gum (Xanthan Gum)), Gravy Mix (Soy, Natural Colour (Caramel I)), Worcestershire Sauce (Colour (150d)), Tomato Paste (Acidity Regulator (330)), Garlic, Sugar, Tapioca Starch, Modified Starch (1422), Salt, Canola Oil, Soy Powder (Soy, Acidity Regulator (270)), Vegetable Protein Extract (Soy, Maltodextrin (Corn)), Flavoured Stock Blend (Soy, Flavour Enhancer (635)), Vegetable Gum (Xanthan Gum)), Green Beans (14%), Cherry Tomato (11%), Dried Parsley.

**CONTAINS MILK, SOY.**

### Nutritional Details

#### Regular Size 350g Per Serve

| Nutritional Details | Average Quantity per Serving | Average Quantity per 100g |
|---------------------|------------------------------|---------------------------|
| Energy:             | 1620kj<br>(389Cal)           | 463kJ<br>(111Cal)         |
| Protein:            | 24.7g                        | 7.1g                      |
| --Gluten:           | Nil Detected                 | Nil Detected              |
| Fat, Total:         | 17g                          | 4.9g                      |
| --Saturated:        | 7.9g                         | 2.3g                      |
| Carbohydrates:      | 32.1g                        | 9.2g                      |
| --Sugars:           | 8.4g                         | 2.4g                      |
| Dietary Fibre:      | 5g                           | 1.4g                      |
| Sodium:             | 780mg                        | 223mg                     |
| Potassium:          | 455mg                        | 130mg                     |

#### 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.