

Beef Patty with Tomato Relish

Generous prime beef patty topped with a tomato based relish, served with potato wedges, mushy peas and carrot rounds. Beef is not only a great source of protein but it is also a rich source of iron, which is essential for growth and development.

Ingredients

Beef Patty (25%) [Beef (69%), Rehydrated Onions, Breadcrumbs (Wheat Flour, Water, Yeast, Canola Oil, Salt, Acidity Regulator (262)), Textured Soy Protein, Egg, Salt, Whey Protein Concentrate (Milk Protein), Modified Food Starch (1442), Spices, Hydrolysed Maize Protein, Mineral Salt (451), Beef Extract], Potato Wedges (25%) [Potato, Paprika, Salt, Pepper], Peas, Carrots, Tomato Relish (15%) [Sauce (Tomatoes, Onions, Cornflour, Celery, Oil, Garlic, Basil, Salt, Pepper), Relish [Tomato, Apple, Sultanas, Water, Sugar, Onion, Thickener (1422), Salt, Food acid (260), Treacle, Garlic, Spices, Pimento, Colour (150c), Mustard Seeds)]. CONTAINS WHEAT, GLUTEN, EGG, MILK PRODUCTS, SOY.

Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1884kj (452Cal)	471kJ (113Cal)
Protein:	25.2g	6.3g
Fat, Total:	18.4g	4.6g
--Saturated:	8.4g	2.1g
Carbohydrates:	40.4g	10.1g
--Sugars:	12g	3g
Dietary Fibre:	10.8g	2.7g
Sodium:	676mg	169mg
Potassium:	1372mg	343mg

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.