Beef Polpette with Diane Sauce

Appetizing beef meatballs in a tasty Diane sauce, served with potato bake, beans, carrots and pumpkin.
Beef is a fantastic source of protein, loaded with vitamins, minerals, antioxidants.

Ingredients

Beef Meatballs (25%) (Beef Meat (70%), Water, Textured Vegetable Protein, **Wheat** Fibre, Dextrose, Hydrolysed Vegetable Protein, **Gluten**, Vegetable Powders, Salt, Rice, Oil, Herbs, Spices, Maize), Potato Bake (25%) [Potatoes, Water, Skim **Milk**, Gluten Free Flour, Mozzarella Cheese (**Milk**), Tapioca, Salt, Pepper], Diane Sauce (15%) (Water, Cream (**Milk**), Bechamel Sauce [Water, **Milk** Powder (Whole **Milk**, **Milk** Solids), Clarified Butter (**Milk**), Cream (**Milk**), Tapioca, Salt, Modified Corn Starch (1420), Xanthan Gum (415)], Garlic, Worcestershire Sauce [Contains Citric Acid (330)], Tomato Paste (Contains Citric Acid (330)] Sugar, Tapioca, Modified Corn Starch (1422), Lo Salt, Canola Oil, **Soy** Powder [Contains **Soy**, Acidity Regulator (270)], Vegetable Protein Extract (Contains **Soy**), Beef Stock Blend (Contains **Soy**, Flavour Enhancer (627, 631) Xanthium Gum (415)), Beans, Carrots, Pumpkin, Parsley.
CONTAINS GLUTEN, WHEAT, MILK, SOY. 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

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	2296kj (551Cal)	574kJ (138Cal)
Protein:	29.6g	7.4g
Fat, Total:	34.8g	8.7g
--Saturated:	15.2g	3.8g
Carbohydrates:	29.2g	7.3g
--Sugars:	13.6g	3.4g
Dietary Fibre:	6.8g	1.7g
Sodium:	1048mg	262mg
Potassium:	1228mg	307mg
Phosphorus:	392mg (39% RDI)	98mg

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.