



## Chilli Beef & Beans - Spicy

For those who like a little spice, this Mexican inspired dish is complemented by potato wedges, carrots, corn and beans. Red kidney beans are a great source of protein, B vitamins and dietary fibre which is a great heart healthy option.



### Ingredients

Beef & Beans (Beef (14%), Red Kidney Beans, Tomatoes, Onions, Water, Capsicum, Cumin, Garlic, Herbs, Oil, Salt, Paprika, Chilli, Oregano, Pepper, Bay Leaf), Potato Wedges (Potatoes, Cajun Spice Mix (Oregano, Thyme, Garlic, & Onion Powder, Sweet paprika, Hot Paprika, Pepper), Oil), Beans, Carrots, Corn.

### Nutritional Details

	Regular Size 400g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	1520kj (365Cal)	380kJ (91Cal)
Protein:	24g	6g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	10.4g	2.6g
--Saturated:	3.6g	0.9g
Carbohydrates:	38g	9.5g
--Sugars:	7.6g	1.9g
Dietary Fibre:	10.4g	2.6g
Sodium:	496mg	124mg
Potassium:	1484mg	371mg
Phosphorus:	316mg (32% RDI)	79mg

#### 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.