



Corned Silverside with White Sauce

Lightly salted silverside in a creamy white sauce served with potato mash, carrots, broccoli and cauliflower.

Cruciferous vegetables such as broccoli and cauliflower are low in calories and rich in folate, Vitamins C, E, K and fibre. Fibre is an important nutrient to incorporate into your diet if weight loss is a goal. It helps to keep you feeling full for longer.



Ingredients

Beef (24%) [Beef (78%), Water, Salt, Curing Mix (Mineral Salt (451), Dextrose, Antioxidant (316), Sodium Nitrite (250), Humectant (422))], Potato Mash [Potatoes, Skim Milk, Cornflour, Salt, Pepper], White Sauce (17%) [Gluten Free Flour, Water, Skim Milk Powder, Cornflour, Oil, Stock Powder (Sea salt, Maltodextrin (maize), Rice Flour, Sugar, Yeast Extract, Natural Vegetable Flavours, Dehydrated Vegetables, Disodium Guanylate & Inosinate, Canola Oil, Caramelised Sugar Syrup (Colour)), Salt, Pepper], Carrots, Broccoli, Cauliflower, Parsley. CONTAINS MILK.

Nutritional Details

Nutritional Details	Regular Size 410g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1070kj (257Cal)	261kJ (63Cal)
Protein:	27.1g	6.6g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	4.9g	1.2g
--Saturated:	1.6g	0.4g
Carbohydrates:	22.1g	5.4g
--Sugars:	8.6g	2.1g
Dietary Fibre:	6.1g	1.5g
Folate:	106.2ug (53% RDI)	25.9ug
Sodium:	910mg	222mg
Potassium:	1099mg	268mg
Phosphorus:	410mg (41% RDI)	100mg

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.