



Cottage Beef Pie

Prime minced beef simmered in gravy, topped with pastry, served with potato mash, peas and carrots

Minced beef provides a good source of the minerals iron and zinc. Iron is essential for the proper growth and development of the human body. It helps metabolise proteins and plays a role in the production of haemoglobin and red blood cells. Zinc maintains heart health by supporting blood vessels. Zinc also supports the immune system.



Ingredients

Beef Pie (43%) [Beef Mince (18%), Onions, Peas, Milk, Potatoes, Cornflour, Sauce (Worcestershire, Tomato), Curry Powder {Coriander, Turmeric, Fenugreek, Cumin, Salt, Ginger, Garlic Powder, Chilli}, Salt, Pepper], Potato Mash [Potatoes, Skim Milk, Cornflour, Salt, Pepper], Peas, Carrots, Pastry, Parsley. CONTAINS GLUTEN, MILK & MILK PRODUCTS.

Nutritional Details

| Nutritional Details | Regular Size 400g Per Serve | |
|---------------------|------------------------------|---------------------------|
| | Average Quantity per Serving | Average Quantity per 100g |
| Energy: | 1568kj (376Cal) | 392kJ (94Cal) |
| Protein: | 32.8g | 8.2g |
| Fat, Total: | 10.8g | 2.7g |
| --Saturated: | 4g | 1g |
| Carbohydrates: | 32g | 8g |
| --Sugars: | 9.2g | 2.3g |
| Dietary Fibre: | 8.8g | 2.2g |
| Folate: | 112ug (56% RDI) | 28ug |
| Sodium: | 480mg | 120mg |
| Potassium: | 1028mg | 257mg |
| Phosphorus: | 329mg (33% RDI) | 82mg |

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.