



Economy - Beef Diane

Delicious lean beef cooked in a creamy mushroom sauce, served with pasta, peas and corn.

Pasta is a good source of selenium, which is a vital mineral for the human body. It increases immunity, takes part in antioxidant activity that defends against free radical damage and inflammation, and plays a role in maintaining a healthy metabolism.



Ingredients

Beef (26%), Pasta (22%) (Water, Penne Pasta (Durum **Wheat**, Semolina), Canola Oil, Lo Salt, Pepper), Peas (12%), Sweet Corn (12%), Carrots, Mushrooms, Celery, Onions, **Milk** Powder, Tomato Paste, Cream (**Milk** Solids, Thickener (1422), Stabiliser (460, 466, 452), Emulsifier (471)), Textured Vegetable Protein Granules (**Soy** Flour, Caramel Colour (150a)), Garlic, Tapioca, Worcestershire Sauce (Colour (150d)), Canola Oil, Lo Salt Gravy Mix (contain **Soy**, Colour (150a)), Modified Corn Starch (1422), **Soy** Powder (contains **Soy**, Acidity Regulator (270)), Lo Salt, Beef Stock Blend (contains **Soy**, Flavour Enhancer (627, 631)), Vegetable Gums (412, 415), Pepper.

CONTAINS GLUTEN, WHEAT, SOY, MILK. MAY CONTAIN EGGS.

Nutritional Details

Nutritional Details	Regular Size 360g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	2016kJ (483Cal)	560kJ (134Cal)
Protein:	32.4g	9g
Fat, Total:	17.6g	4.9g
--Saturated:	6.5g	1.8g
Carbohydrates:	46.1g	12.8g
--Sugars:	7.9g	2.2g
Dietary Fibre:	7.2g	2g
Sodium:	403mg	112mg
Potassium:	684mg	190mg

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.