



## Economy - Hickory BBQ Beef

Lightly spiced, Southern styled BBQ flavoured beef casserole with creamy potato mash, juicy carrots and peas.

Cumin is a spice that contains key nutrients such as iron and copper, which are needed for healthy red blood cells. Potassium, needed for controlling blood pressure and heart rate, can also be found in cumin along with zinc, which plays an important role in immune function.



### Ingredients

Beef (23%), Potato (16%) (contains preservative (220)), Water, Carrots, Peas, Crushed Tomatoes (contains Citric Acid Aid (330)), Cannellini Beans, Onions, Tomato Paste, Sugar, Sweet Corn, Lemon Juice (contains Preservative (223), Antioxidant (300)), Textured Vegetable Protein (Soy Flour, Caramel Colour (150a)), Canola Oil, Milk Powder, Vegetable Shortening (contains Emulsifiers (435, 471), Antioxidant (307b from Soy), Worcestershire Sauce (contains Colour (150d)), Tapioca, Potato Flakes (contains Emulsifier (471), Citric Acid (330)), Potato Starch (contains Preservative (220)), Modified Corn Starch (1422), Garlic, Lo Salt Gravy Mix (contains Soy, Colour (150a)), Ginger (contains Food Acid (260), Preservative (202), Vegetable Gum (415, 412)), Pepper, Coriander, Smoke Flavour (contains Food Acid (260)), Paprika, Mustard Powder, Cumin, Lo Salt, Chilli, Parsley, Vegetable Gum (415), Nutmeg. CONTAINS SOY, MILK & MILK PRODUCTS, SULPHITES.

### Nutritional Details

Nutritional Details	Regular Size 360g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1469kj (352Cal)	408kJ (98Cal)
Protein:	30.2g	8.4g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	7.6g	2.1g
--Saturated:	2.2g	0.6g
Carbohydrates:	37.1g	10.3g
--Sugars:	14g	3.9g
Dietary Fibre:	7.2g	2g
Sodium:	306mg	85mg

#### 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.