



## 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) (**Sulphite**)), Water, Carrots, Peas, Crushed Tomatoes (contains Citric Acid Aid (330)), Cannellini Beans, Onions, Tomato Paste, Sugar, Sweet Corn, Lemon Juice (contains Preservative (223) (**Sulphite**), Antioxidant (300)), Textured Vegetable Protein (**Soy** Flour, Caramel Colour (150a)), Canola Oil, **Milk** Powder, Vegetable Shortening (contains Emulsifiers (435, 471), Antioxidant (307b (**Soy**)), Worcestershire Sauce (contains Colour (150d)), Tapioca, Potato Flakes (contains Emulsifier (471), Citric Acid (330)), Potato Starch (contains Preservative (220) (**Sulphites**)), 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, SULPHITES.**

### Nutritional Details

Nutritional Details	Regular Size 360g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1631kJ (391Cal)	453kJ (109Cal)
Protein:	29.5g	8.2g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	12.6g	3.5g
--Saturated:	4.3g	1.2g
Carbohydrates:	36.4g	10.1g
--Sugars:	14g	3.9g
Dietary Fibre:	7.2g	2g
Sodium:	288mg	80mg
Potassium:	940mg	261mg

### 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.