

Economy - Potato & Spinach Oat Cakes

A moist potato and spinach oatcake, traditional baked beans, beef sausage, corn and capsicum mix and a tasty dollop of tomato relish on the side.

Beans such as cannellini are an exception part of a healthy diet as they provide you with a high protein and fibre content without overloading a meal with calories

Ingredients

Baked Beans (26%) (Navy Beans (54%), Tomato Sauce (Water, Tomato Paste, Sugar, Thickener (1422), Salt, Spice Seasoning)), Potatoes (13%) (contains Preservative (220) (**Sulphites**)), Sweet Corn (12%), Beef Chipolata (11%) (Beef (63%), Potato Starch, Salt, **Soy** Protein, Dried Mixed Herbs, Dextrose, Phosphate (339), Pepper, Parsley, Preservative (223) (**Sulphites**), Tomato Salsa (Crushed Tomatoes, Tomato Juice, Citric Acid (330)), Onions, Tomato Paste, Lemon Juice (contains Preservative (223) (**Sulphites**)), Antioxidant (300)), Modified Corn Starch (1422), Garlic, Sugar, Vegetable Protein Extract, (**Soy**), Cumin, Lo Salt, Vegetable Gums (412, 415), Oregano, Pepper), Onions, Capsicum (6%), Spinach (3%), **Egg** Pulp, Oats, Cheddar Cheese (**Milk**), Cream (**Milk**), Self-Raising Flour (**Wheat** Flour, Raising Agents (450,500, Vitamins (Thiamin, Folic Acid)), Canola Oil, Bread Crumb (**Wheat** Flour), Lo Salt, Vegetable Gums (412, 415), Paprika.

CONTAINS GLUTEN, WHEAT, OATS, EGGS, SOY, MILK, SULPHITES. MAY CONTAIN RYE, BARLEY & LUPIN.

Nutritional Details

Nutritional Details	Regular Size 350g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1505kj (361Cal)	430kJ (103Cal)
Protein:	15.8g	4.5g
Fat, Total:	13.7g	3.9g
--Saturated:	5.2g	1.5g
Carbohydrates:	39.9g	11.4g
--Sugars:	8.8g	2.5g
Dietary Fibre:	8.4g	2.4g
Sodium:	1645mg	470mg
Potassium:	850mg	243mg

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.