

## 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)), Sweet Corn (12%), Beef Chipolata (11%) (Beef (63%), Potato Starch, Salt, Soy Protein, Dried Mixed Herbs, Dextrose, Phosphate (339), Pepper, Parsley, Preservative (223)), Tomato Salsa (Crushed Tomatoes, Tomato Juice, Citric Acid (330)), Onions, Tomato Paste, Lemon Juice (contains Preservative (223), Antioxidant (300)), Modified Corn Starch (1422), Garlic, Sugar, Vegetable Protein Extract, (Soy), Cumin, Lo Salt, Vegetable Gums (412, 415), Oregano, Pepper), Onions, Capsicum, Spinach (3%), Egg Pulp, Oats, Cheddar Cheese, 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, EGGS, SOY, MILK & MILK PRODUCTS, 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

#### 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.