



## Economy - Turkey Provencal

Diced turkey cooked in a mild tomato based sauce, served with herbed flavoured rice and sweet tender green peas.

Turkey contains an amino acid called tryptophan. This amino acid is a precursor for the brain chemical serotonin, which is associated with healthy sleep.



## Ingredients

Herb Rice (28%) (Water, White Rice, Canola Oil, Onion Flakes, Lo Salt, Mixed Herbs), Turkey (25%), Peas (25%), Carrots, Crushed Tomatoes (contains Citric Acid (330)), Onions, Tomato Paste, Modified Corn Starch (1422), **Soy** Protein Isolate, Garlic, Sugar, Vegetable Gums (415, 412), Dried Rosemary, Dried Thyme, Lo Salt. **CONTAINS SOY.**

## Nutritional Details

Nutritional Details	Regular Size 360g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1519kj (364Cal)	422kJ (101Cal)
Protein:	30.2g	8.4g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	6.5g	1.8g
--Saturated:	1.4g	0.4g
Carbohydrates:	41.4g	11.5g
--Sugars:	6.1g	1.7g
Dietary Fibre:	8.6g	2.4g
Sodium:	428mg	119mg
Potassium:	760mg	211mg

## 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.