



Grilled Steak & Mushroom Sauce

Succulent beef in a mushroom sauce with potato mash, sweet potato and a mix of beans, peas and broccoli.

Mushrooms are very low in sodium and calories and this meal certainly ticks both of these boxes. Medically low in sodium and under 400 calories in total, this is a great tasty meal.



Ingredients

Potato Mash (26%) (Potatoes, Skim Milk, Tapioca, Salt, Pepper), Beef Steak (22%), Gravy (22%) (Water, Thickeners (1442, 1422), Salt, Natural Flavour, Vegetable Powders, Colour (150d), Canola Oil, Vegetable Gum (466), Spices, Herbs, Tapioca), Sweet Potato, Broccoli, Beans, Peas, Mushrooms (3%)), Salt.

CONTAINS MILK. MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/ BONE FRAGMENTS.

Nutritional Details

Nutritional Details	Regular Size 370g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1621kj (389Cal)	438kJ (105Cal)
Protein:	31.8g	8.6g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	10.7g	2.9g
--Saturated:	5.2g	1.4g
Carbohydrates:	37.7g	10.2g
--Sugars:	7g	1.9g
Dietary Fibre:	5.2g	1.4g
Folate:	82.1ug (37% RDI)	22.2ug
Sodium:	296mg	80mg
Potassium:	1047mg	283mg
Phosphorus:	339mg (34% RDI)	92mg

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.