



Grilled Steak with Potato Bake

Tender beef steak complemented with a mild seeded mustard gravy, served with potato bake, carrot rounds, green beans and cauliflower. The potato bake which accompanies our steak is low in calories and big on flavour, allowing us to classify this meal as heart friendly. Lean steak is an excellent source of protein.



Ingredients

Potato Bake (25%) [Potatoes, Water, Skim Milk, Gluten Free Flour, Mozzarella Cheese, Cornflour, Salt, Pepper], Beef (23%), Gravy [Thickeners (1442, 1422), Salt, Natural Flavour, Vegetable Powders, Colour (150d), Canola Oil, Vegetable Gum (466), Spice, Herbs, Cornflour], Carrots, Green Beans, Cauliflower, Seeded Mustard. CONTAINS MILK & MILK PRODUCTS.

Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1512kj (363Cal)	378kJ (91Cal)
Protein:	31.6g	7.9g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	16g	4g
--Saturated:	4g	1g
Carbohydrates:	20.8g	5.2g
--Sugars:	8.8g	2.2g
Dietary Fibre:	4.4g	1.1g
Folate:	72ug (7% RDI)	18ug
Sodium:	612mg	153mg
Potassium:	984mg	246mg
Phosphorus:	332mg (33% RDI)	83mg

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.