



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.



Ingredients

Beef Steak (25%), Potato Bake (25%) (Potatoes, Water, Skim Milk, Gluten Free Flour, Mozzarella Cheese (Milk), Tapioca, Salt, Pepper), Gravy (Water, Thickeners (1442, 1422), Salt, Natural Flavour, Vegetable Powders, Colour (150d), Canola Oil, Vegetable Gum (466), Spices, Herbs, Tapioca), Carrots, Beans, Cauliflower, Seeded Mustard (Water, Mustard Seed, Salt, Sugar, Food Acid (Acetic), Turmeric, Marjoram, Thyme, Garlic Extract, Spice Extract).

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 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. To ensure dietary requirements are met, all nutritional claims are supported and reviewed independently. Meals are portion controlled to assist with healthy weight management.