



Homestyle Rissoles with Onion Gravy

Tasty rissoles in our popular onion gravy with potato mash, broccoli and sweet potato. Made with skim milk, our creamy potato mash is not laden with calories. By avoiding the use of butter and full cream milk our mash has the added benefit of being lower in saturated fats.



Ingredients

Rissoles (29%) [Beef, Onions, Cracked Wheat, Garlic, Worcestershire and Tomato Sauce, Salt, Oregano, Pepper], Potato Mash [Potatoes, Skim Milk, Cornflour, Salt, Pepper], Gravy (23%) [Thickeners (1442, 1422), Salt, Natural Flavour, Vegetable Powders, Colour (150d), Canola Oil, Vegetable Gum (466), Spice, Herbs, Cornflour], Onions (2.5%), Broccoli, Sweet Potatoes. CONTAINS GLUTEN, MILK.

Nutritional Details

Nutritional Details	Regular Size 420g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1466kj (352Cal)	349kJ (84Cal)
Protein:	32.8g	7.8g
Fat, Total:	8.8g	2.1g
--Saturated:	3.4g	0.8g
Carbohydrates:	31.1g	7.4g
--Sugars:	8.8g	2.1g
Dietary Fibre:	7.6g	1.8g
Folate:	130.2ug (64% RDI)	31ug
Sodium:	651mg	155mg
Potassium:	1168mg	278mg
Phosphorus:	343mg (34% RDI)	82mg

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.