

Mini Meatballs with Mushroom Sauce

Beef meatballs complemented by a flavoursome mushroom sauce served with potato wedges, carrots, peas and beans. Beef contains vitamin B12 which helps keep our blood and nerve cells healthy.

Ingredients

Meatballs (25%) (Beef Meat (70%), Water, Textured Vegetable Protein, Wheat Fibre, Dextrose, Hydrolysed Vegetable Protein, Gluten, Vegetable Powders, Salt, Rice, Oil, Herbs, Spices), Wedges (Potato Wedges, Paprika, Salt, Pepper), Mushroom Sauce (15%) (Water, Vegetable Fats, Wheat Flour, Cream Powder, Maltodextrin, Modified Starch, Salt, Mushrooms (13%), Yeast Extract, Caramel, Onions, Seasoning, Palm Oil, Flavour, Tomatoes, Sugar, Thickener, Milk Protein, Emulsifier (471), Stabiliser (Potassium Phosphate, Diphosphate), Glucose Syrup, Lactose, Onion Powder, Acidity Regulator (330), Spices, Smoke Flavour) Carrots, Beans, Peas, Parsley. CONTAINS GLUTEN (WHEAT), MILK.

Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	2412kj (578Cal)	603kJ (145Cal)
Protein:	30g	7.5g
Fat, Total:	33.6g	8.4g
--Saturated:	14g	3.5g
Carbohydrates:	35.2g	8.8g
--Sugars:	10g	2.5g
Dietary Fibre:	10.4g	2.6g
Sodium:	1020mg	255mg
Potassium:	1388mg	347mg

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.