



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

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