



## Pork a l'Orange

Delicious pork steak is complemented by an orange infused gravy, accompanied by potato bake, peas, carrot batons and green beans. Pork is a meat that is enriched with B Vitamins. Diabetes is an ever-increasing concern in many countries. TLC meals with the D icon (Diabetes Friendly) have been submitted to Diabetes NSW for nutritional approval. They are considered beneficial to assist in maintaining blood sugar levels.



### Ingredients

Potato Bake 25% [Potatoes, Water, Skim Milk, Gluten Free Flour, Mozzarella Cheese, Cornflour, Salt, Pepper], Pork (22%), Orange Gravy (Marmalade (3%) [Sugar, Oranges (30%), Water, Gelling Agent (Fruit Pectin), Food Acids (330, 331), Natural Orange Oil], Gravy [Thickener (1422) (from tapioca), Maltodextrin (from corn), Flavours [Demi-Glace, Flavour Enhancers (627,631), Flavour] Sugar, Yeast Extract, Salt, Animal Fat, Shortening, Onion Powder, Colour (150c), Tomato Powder, Anti-caking Agent (341), Vegetable Gum (415) Mineral Salt (450), Vegetable Oil]), Carrots, Beans, Peas, Parsley. CONTAINS: MILK & MILK PRODUCTS, SOY PRODUCTS.

### Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1400kj (336Cal)	350kJ (84Cal)
Protein:	34g	8.5g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	6.8g	1.7g
--Saturated:	2.8g	0.7g
Carbohydrates:	31.2g	7.8g
--Sugars:	15.2g	3.8g
Dietary Fibre:	6.8g	1.7g
Folate:	72ug (7% RDI)	18ug
Sodium:	460mg	115mg
Potassium:	1084mg	271mg
Phosphorus:	340mg (34% RDI)	85mg

#### 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.