



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 (**Milk**), Tapioca, Salt, Pepper], Pork (22%), Orange Gravy (15%) [Water, (Marmalade (3%) (Sugar, Oranges (30%), Water, Gelling Agent (Fruit Pectin), Food Acids (330, 331), Natural Orange Oil), Demi-Glace (Thickeners (1422, 1412) (contains **sulphites**), Maltodextrin (Maize), Flavour Enhancer (621), Sugar, Salt, Cream Powder (**Milk**), Sunflower Oil, Onion Powder, Colours (150d, Beetroot), Mineral Salt (Potassium Chloride), Tomato Powder, Maize Starch, Skim **Milk** Powder, Garlic Powder, Beef Flavours, Burgundy Flavour (**Milk** derivatives), Beef Extract, Food Acid (Citric), Flavours), Tapioca], Carrots, Beans, Peas, Parsley.

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