



Pork Meatloaf with Orange Glaze

Mildly flavoured with ginger and shallots, pork meatloaf is topped with orange scented gravy, served with mixed baked vegetables. Pork is a protein dynamo filled with vitamins and minerals. Lean pork can be an excellent addition to a healthy diet. Our orange glaze which accompanies this meal complements the meatloaf perfectly with its subtle blend of flavours.



Ingredients

Meatloaf (28%) [Pork (77%), Water, Rice Flour, Shallots, Ginger, Salt, Garlic, Pepper, Mineral Salts (451), Preservative (223)], Orange Glaze [Marmalade (3.5%) (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 Gums (415) Mineral Salts (450), Vegetable Oil)], Potatoes, Sweet Potatoes, Beans, Carrots, Cauliflower, Paprika. CONTAINS: MILK PRODUCTS, SOY PRODUCTS, SULPHITES.

Nutritional Details

| Nutritional Details | Regular Size 360g Per Serve | |
|---------------------|------------------------------|---------------------------|
| | Average Quantity per Serving | Average Quantity per 100g |
| Energy: | 1271kj (305Cal) | 353kJ (85Cal) |
| Protein: | 21.6g | 6g |
| --Gluten: | Nil Detected | Nil Detected |
| Fat, Total: | 6.8g | 1.9g |
| --Saturated: | 2.2g | 0.6g |
| Carbohydrates: | 36.4g | 10.1g |
| --Sugars: | 14.8g | 4.1g |
| Dietary Fibre: | 4.3g | 1.2g |
| Folate: | 64.8ug (32% RDI) | 18ug |
| Sodium: | 691mg | 192mg |
| Potassium: | 1102mg | 306mg |
| Phosphorus: | 298mg (30% RDI) | 83mg |

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.