



## Pork Steaks in Plum Sauce

Tender and juicy pork steak with sweet plum sauce, served with Nasi Goreng rice, cauliflower and broccoli.

We have put a tasty and healthy spin on this meal that is usually high in fat and calories. Our version is a flavoursome, heart friendly dinner which is also medically low in sodium and has the approval of Diabetes NSW.



### Ingredients

Rice (40%) [Rice, Corn, Carrots, Peas, Capsicum, Nasi Goreng Paste (Chilli, Garlic, Onions, Cooking Oil, Sweet Soy Sauce, Salt)], Pork (22%), Plum Sauce (16%) [Gravy (Thickeners (1442, 1422), Salt, Natural Flavour, Vegetable Powders, Colour (150d), Canola Oil, Vegetable Gum (466), Spice, Herbs), Cornflour], Plum Conserve (Sugar, Plums (40%), Gelling Agent (fruit pectin acids (citric acids 331), Colours 150c,123), White Vinegar, Ginger, Dry Mustard], Broccoli, Cauliflower, Onions, Oil, Salt, Pepper. CONTAINS GLUTEN, MILK PRODUCTS, SOY.

### Nutritional Details

Nutritional Details	Regular Size 370g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	2028kj (486Cal)	548kJ (131Cal)
Protein:	30.7g	8.3g
Fat, Total:	13.3g	3.6g
--Saturated:	5.6g	1.5g
Carbohydrates:	59.6g	16.1g
--Sugars:	8.9g	2.4g
Dietary Fibre:	4.1g	1.1g
Folate:	65.9ug (33% RDI)	17.8ug
Sodium:	248mg	67mg
Potassium:	659mg	178mg
Phosphorus:	307mg (31% 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.