



## Roast Beef with Rich Brown Gravy

Tender slices of beef served with roast potatoes, roast carrots, beans, peas and gravy. With plenty of vegetables loaded in this Roast dinner you will definitely be getting a substantial amount of vitamins, minerals and fibre into your day. A winner not just in flavour but also for those counting their calories.



### Ingredients

Beef (25%), Gravy (15%) [Thickeners (1442, 1422), Salt, Natural Flavour, Vegetable Powders, Colour (150d), Canola Oil, Vegetable Gum (466), Spice, Herbs, Cornflour], Potatoes, Carrots, Beans, Peas, Paprika, Pepper.

### Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1272kJ (305Cal)	318kJ (76Cal)
Protein:	37.2g	9.3g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	3.6g	0.9g
--Saturated:	0.8g	0.2g
Carbohydrates:	26.8g	6.7g
--Sugars:	7.6g	1.9g
Dietary Fibre:	6g	1.5g
Folate:	84ug (42% RDI)	21ug
Sodium:	396mg	99mg
Potassium:	1192mg	298mg
Phosphorus:	472mg (48% RDI)	118mg

#### 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.