



Roast Pork with Apple Sauce

Tender oven roasted pork slices with gravy, apple sauce, roast potatoes, roast pumpkin and broccoli.

There is nothing better than a healthy roast with delicious veggies. With our delicious Apple sauce and gravy, this meal is a hit not just with its taste but also for the waistline.



Ingredients

Pork (25%), Gravy [Water, Thickeners (1442, 1422), Salt, Natural Flavour, Vegetable Powders, Colour (150d), Canola Oil, Vegetable Gum (466), Spice, Herbs, Tapioca], Apple Sauce (5%) [Apples, Sugar, Food Acid (330, 331)], Potatoes, Pumpkin, Broccoli, Oil, Paprika, Salt, Pepper.

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:	1316kJ (316Cal)	329kJ (79Cal)
Protein:	33.6g	8.4g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	8.4g	2.1g
--Saturated:	2.8g	0.7g
Carbohydrates:	22.8g	5.7g
--Sugars:	8g	2g
Dietary Fibre:	5.2g	1.3g
Folate:	84ug (42% RDI)	21ug
Sodium:	336mg	84mg
Potassium:	1280mg	320mg
Phosphorus:	456mg (46% RDI)	114mg

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.