



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

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. 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.