



## Roast Turkey with Cranberry Sauce

Tender sliced turkey, brown gravy, cranberry sauce, roast potatoes, roast pumpkin, peas, broccoli and beans.

White meat such as turkey, is a lean source of protein with a lower fat content than red meat. Turkey is lower in saturated fats than most other meats. Saturated and trans fat increases the risk of heart disease. Our Roast Turkey has a heart-friendly icon and the approval of Diabetes NSW.



### Ingredients

Turkey (24%) [Turkey Breast (84%), Water, Salt, Acidity Regulators (326, 261), Modified Starch (1412), Potato Starch, Dextrose (Maize), Sugar, Mineral Salts (451, 450), Hydrolyzed Vegetable Protein (Maize), Vegetable Gum (407, 415), Flavour Enhancer (635), Yeast Extract, Flavouring], Gravy [Water, Thickeners (1442, 1422), Salt, Natural Flavour, Vegetable Powders, Colour (150d), Canola Oil, Vegetable Gum (466), Spice, Herbs, Tapioca], Cranberry Sauce (5%) [Sugar, Cranberries (32%), Vegetable Gum (Pectin), Food Acid (330)], Potatoes, Pumpkin, Broccoli, Peas, Beans, 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 410g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1382kj (331Cal)	337kJ (81Cal)
Protein:	36.5g	8.9g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	5.7g	1.4g
--Saturated:	1.2g	0.3g
Carbohydrates:	29.1g	7.1g
--Sugars:	12.7g	3.1g
Dietary Fibre:	6.1g	1.5g
Folate:	85.7ug (43% RDI)	20.9ug
Sodium:	976mg	238mg
Potassium:	1283mg	313mg
Phosphorus:	471mg (47% RDI)	115mg

### 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.