



## Sausages in Onion Gravy

Tasty skinless sausages in home-style onion gravy, creamy potato mash, peas and carrots. Our take on the traditional bangers and mash is an appetizing option and for those wishing to select gluten-free items, this is an ideal choice.



### Ingredients

Sausages (34%) [Beef, Lamb (70%), Water, Rice Flour, Potato Starch, Salt, Mineral Salt (451), Preservative (223), Canola Oil, Spice and Herb Extracts, Natural Colour (160c), Antioxidant (320, 310), Acidity Regulator (330)], Potato Mash [Potatoes, Skim Milk, Cornflour, Salt, Pepper], Gravy (15%) [Thickeners (1442, 1422), Salt, Natural Flavour, Vegetable Powders, Colour (150d), Canola Oil, Vegetable Gum (466), Spice, Herbs, Cornflour], Onions (3%), Carrots, Peas, Parsley. CONTAINS: MILK, SULPHITES. MAY CONTAIN SOY.

### Nutritional Details

Nutritional Details	Regular Size 410g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	2124kJ (509Cal)	518kJ (124Cal)
Protein:	22.5g	5.5g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	30.7g	7.5g
--Saturated:	15.6g	3.8g
Carbohydrates:	31.2g	7.6g
--Sugars:	7g	1.7g
Dietary Fibre:	9g	2.2g
Folate:	53.3ug (27% RDI)	13ug
Sodium:	1246mg	304mg
Potassium:	1017mg	248mg
Phosphorus:	529mg (53% RDI)	129mg

#### 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.