



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

Sausage (34%) [Beef, Lamb (70%), Water, Rice Flour, Potato Starch, Salt, Mineral Salt (451), Preservative (223) (**Sulphites**), Canola Oil, Spice And Herb Extracts, Natural Colour (160c), Antioxidant (320, 310), Acidity Regulator (330)], Potato Mash (Potatoes, Skim **Milk**, Tapioca, Salt, Pepper), Gravy (15%) (Water, Thickeners (1442, 1422), Salt, Natural Flavour, Vegetable Powders, Colour (150d), Canola Oil, Vegetable Gum (466), Spice, Herbs, Tapioca.), Carrots, Peas, Onions (3%), Parsley.

CONTAINS MILK, SULPHITES. 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:	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. To ensure dietary requirements are met, all nutritional claims are supported and reviewed independently. Meals are portion controlled to assist with healthy weight management.