



## Steak Pie with Mushroom Gravy

A traditional style meat pie with gravy, creamy potato and pumpkin mash, carrots and peas. The meat pie is considered iconic in Australia however it is believed to have originated in Europe! Our mushroom gravy goes perfectly with our Pie and our tasty selection of vegetables makes this an enjoyable meal.

### Ingredients

Pie (44%) [Water, **Wheat** Flour, Beef (26%), Margarine (Animal Fat, Palm Oil, Water, Salt, Emulsifiers (471, 322 **Soy**, Acidity Regulator (330), Natural Flavour, Natural Colour (160a)), Thickener (1422), Textured **Soy** Protein, Seasoning Mix [Contains **Soy**, **Wheat**, Flavour Enhancers (Disodium Inosinate, 5-, Disodium Guanylate, 5)), Natural Colours (150a, 160a), Salt, Onion Powder, Dextrose, Black Pepper, Hydrolysed Vegetable Protein, Pastry Glaze (Contains **Milk**, Natural Colour (160a))], Pumpkin Potato Mash (Potatoes, Pumpkin, Skim **Milk**, Tapioca, Salt, Pepper), Gravy (14%) (Water, Thickeners (1442, 1422), Salt, Natural Flavour, Vegetable Powders, Colour (150d), Canola Oil, Vegetable Gum (466), Spices, Herbs, Tapioca), Carrots, Peas, Mushrooms (3%), Parsley.

**CONTAINS GLUTEN, WHEAT, MILK, SOY. 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:             | 2232kJ<br>(535Cal)           | 558kJ<br>(134Cal)         |
| Protein:            | 20g                          | 5g                        |
| Fat, Total:         | 26g                          | 6.5g                      |
| --Saturated:        | 12.4g                        | 3.1g                      |
| Carbohydrates:      | 50g                          | 12.5g                     |
| --Sugars:           | 11.2g                        | 2.8g                      |
| Dietary Fibre:      | 6.8g                         | 1.7g                      |
| Folate:             | 68.8ug (34% RDI)             | 17.2ug                    |
| Sodium:             | 976mg                        | 244mg                     |
| Potassium:          | 852mg                        | 213mg                     |
| Phosphorus:         | 353mg (35% RDI)              | 88mg                      |

#### 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.