



## Sweet & Sour Pork

Tender diced pork sautéed with pineapple in a traditional sweet and sour sauce served with white rice, broccoli and carrots.

One of the key nutrients found in pineapple is bromelain which has long been recognised for its anti-inflammatory and anti-microbial effects.



### Ingredients

Sweet & Sour Pork (50%) (Pork (22%), Water, Pineapple and Juice, Onions, Spice Glaze (Sugar, Tomato Powder [Tomato, Anti-Caking Agent (Silicon Dioxide)], Spices, Salt, Vinegar Powder [Maltodextrin, Vinegar], Soy Sauce Powder, Food Acid (Citric Acid), Natural Colours (Caramel i, Crocin, Crocetin, Paprika Oleoresin, Annatto, Carmine), Vegetable Gums (Xanthan, Guar), Natural Flavour), Carrots, Celery, Red Capsicum, Oil), Rice, Broccoli, Carrots. CONTAINS SOY

### Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1900kj (456Cal)	475kJ (114Cal)
Protein:	36.4g	9.1g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	6.4g	1.6g
--Saturated:	1.6g	0.4g
Carbohydrates:	57.2g	14.3g
--Sugars:	20.8g	5.2g
Dietary Fibre:	7.2g	1.8g
Sodium:	596mg	149mg
Potassium:	824mg	206mg
Phosphorus:	314mg (31% RDI)	79mg

#### 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.