



## 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, Onion, 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 Colour (Caramel 1, Crocin, Crocetin, Paprika Oleoresin, Annatto, Carmine), Vegetable Gums (Xanthan, Guar), Natural Flavour], Carrots, Celery, Red Capsicum, Oil], White Rice, Broccoli, Carrots.

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