



## Tasty Pork Meatloaf

With a hint of ginger, this tempting meatloaf is complemented by a plum infused gravy, served with mixed baked vegetables.

Lean pork can be an excellent addition to a healthy diet. This tasty meal is Gluten Free, Dairy Free and Low Sodium.



## Ingredients

Meatloaf (25%) (Pork Mince, Onions, Gluten Free Breadcrumbs, **Eggs**, Garlic Paste (Garlic, Salt), Ginger, Canola Oil, Parsley, Shallots, Chilli Flakes), Green Beans, Plum Sauce (15%) (Gravy [Thickeners (1442, 1422), Salt, Natural Flavour, Vegetable Powders, Colour (150d), Canola Oil, Vegetable Gum (466), Spice, Herbs, Tapioca], Plum Conserve (Sugar, Plums (40%), Fruit Pectin (440a), Lemon Juice), White Vinegar, Ginger, Dry Mustard), Potatoes, Pumpkin, Sweet Potatoes.

**CONTAINS EGG. 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:	1472kJ (353Cal)	368kJ (88Cal)
Protein:	24.4g	6.1g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	4.4g	1.1g
--Saturated:	1.2g	0.3g
Carbohydrates:	48g	12g
--Sugars:	29.6g	7.4g
Dietary Fibre:	8.8g	2.2g
Sodium:	372mg	93mg
Potassium:	1080mg	270mg

## 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.