Traditional Meatloaf with Gravy

A lean beef mince favourite with carrots, beans and creamy potato mash sprinkled with herbs. We use lean beef mince for our meatloaf, providing an array of B vitamins, minerals and also protein. All TLC meals that contain mashed potatoes are made with real potatoes. We do not use any potato substitutes or instant mash in our meals.

Ingredients

Meatloaf (30%) (Beef Mince (16%), Onions, Breadcrumbs (**Wheat**), Light Evaporated **Milk**, **Eggs**, Tomato Sauce (Tomatoes, Sugar, Salt, Food Acids {Acetic, Citric}, Natural Flavour), Worcestershire Sauce Water, White Vinegar, Molasses, Onion, Salt, Garlic, Spices, Natural Flavours, Colour (150d)), Tomato Sauce (Tomatoes, Sugar, Salt, Food Acids (Acetic, Citric), Natural Flavour), Garlic, Dry Mustard, Salt, Parsley, Pepper), Potato Herb Mash (Potatoes, Skim **Milk**, Tapioca, Salt, Pepper, Parsley, Basil, Sage), Gravy (14%) [(Water, Thickeners (1442, 1422), Salt, Natural Flavour, Vegetable Powders, Colour (150d), Canola Oil, Vegetable Gum (466), Spice, Herbs, Tapioca), Dijon Mustard (Water, Mustard Seeds, Salt, Sugar, Food Acid (Acetic) Turmeric)], Beans, Carrots, Parsley.
CONTAINS GLUTEN, WHEAT, EGG, MILK. MAY CONTAIN SOY, 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:	1484kj (356Cal)	371kJ (89Cal)
Protein:	26g	6.5g
Fat, Total:	10g	2.5g
--Saturated:	4.4g	1.1g
Carbohydrates:	35.6g	8.9g
--Sugars:	9.2g	2.3g
Dietary Fibre:	7.2g	1.8g
Folate:	80ug (40% RDI)	20ug
Sodium:	912mg	228mg
Potassium:	1000mg	250mg
Phosphorus:	384mg (38% RDI)	96mg

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.