



## Turkey Rissoles

Flavoursome and moist turkey rissoles are served with a delicious mix of baked vegetables and gravy.

For a low fat, low calorie option, our Turkey Rissoles are not just for the calorie counters but also an excellent choice for those who require a gluten-free alternative. Parsnips contain high levels of potassium, manganese, magnesium, phosphorous, zinc, and iron. In addition to an impressive range of vitamins parsnips are also rich in fibre.



### Ingredients

Rissoles (26%) [Turkey (13%), Onions, Zucchini, Carrots, Rice, Salt, Parsley, Pepper, Tarragon], Gravy [Thickeners (1442, 1422), Salt, Natural Flavour, Vegetable Powders, Colour (150d), Canola Oil, Vegetable Gum (466), Spice, Herbs, Cornflour], Potatoes, Carrots, Sweet Potatoes, Pumpkin, Beans, Paprika.

### Nutritional Details

Nutritional Details	Regular Size 390g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1049kj (252Cal)	269kJ (65Cal)
Protein:	17.9g	4.6g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	3.9g	1g
--Saturated:	1.2g	0.3g
Carbohydrates:	32.4g	8.3g
--Sugars:	9.4g	2.4g
Dietary Fibre:	5.8g	1.5g
Folate:	79.2ug (40% RDI)	20.3ug
Sodium:	589mg	151mg
Potassium:	1197mg	307mg
Phosphorus:	322mg (32% RDI)	83mg

#### 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.