



## 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 Mince (13%), Onions, Rice, Zucchini, Carrots, Parsley, Tarragon, Salt, Pepper), Potatoes, Gravy (Water, Thickeners (1442, 1422), Salt, Natural Flavour, Vegetable Powders, Colour (150d), Canola Oil, Vegetable Gum (466), Spices, Herbs, Tapioca), Carrots, Sweet Potatoes, Pumpkin, Beans, Paprika, Parsley.

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