



Beef Rissole and Gravy

Nutritional Information:

Ingredients:

Gravy, Carrot, Peas & Corn, potato, Mashed, Beef Rissole 120g

	Per 100g		Per Serve		% DI
Energy	546.9	kJ	2269.8	kJ	26%
Protein	6.9	g	28.8	g	58%
Fat Total	7.1	g	29.6	g	42%
- saturated	0.1	g	0.2	g	1%
Carbohydrates	9.3	g	38.7	g	12%
- sugars	1.4	g	5.8	g	6%
Sodium	433.1	mg	1797.6	mg	78%