



## Hearty Mince Casserole

### Nutritional Information

#### Ingredients:

Beef, Pasta, Onions, Tomato, Tomato paste, Barbecue Sauce, Worcestershire Sauce, Oregano, Thyme, Garlic, Salt, Pepper, Cheese, Cauliflower, Pea, Carrot, Beans

	Per 100g		Per Serve		% DI
Energy	533.1	kJ	2407.8	kJ	28%
Protein	9.3	g	41.9	g	84%
Fat Total	5.5	g	25	g	36%
- saturated	2.8	g	12.7	g	53%
Carbohydrates	8.9	g	40.1	g	13%
- sugars	3.4	g	15.2	g	17%
Sodium	152.9	mg	690.5	mg	30%