



Economy - Sweet Vegetable Curry

A mildly spiced Indian curry will prove to be a vegetarian favourite - served with cauliflower speckled with mustard seeds and rice with tomatoes.

Cauliflower is one of the vegetables that is believed to be beneficial in boosting our intestinal defences, which may lower the risk of inflammatory bowel diseases such as ulcerative colitis.



Ingredients

Cauliflower (24%), Tomato Rice (19%) (Water, White Rice, Tomato Paste, Lo Salt), Chickpeas (11%), Peas (11%), Soy Milk (Water, Soybeans, Sugar, Calcium Phosphate, Vegetable Gums (460, 466, 407), Flavours, Sea Salt, Food Acids (340,331)), Carrots (8%), Sweet Corn (6%), Tomato Paste, Capsicum (2.5%), Onions, Tapioca, Canola Oil, Curry Powder, Garlic, Vegetable Stock Blend (contains Flavour Enhancer (627, 631)), Turmeric, Mustard Seeds, Vegetable Gums (412, 415), Lo Salt, Chilli Powder. CONTAINS SOY.

Nutritional Details

| Nutritional Details | Regular Size 370g Per Serve | |
|---------------------|------------------------------|---------------------------|
| | Average Quantity per Serving | Average Quantity per 100g |
| Energy: | 1362kj (327Cal) | 368kJ (88Cal) |
| Protein: | 13g | 3.5g |
| --Gluten: | Nil Detected | Nil Detected |
| Fat, Total: | 7g | 1.9g |
| --Saturated: | 0.7g | 0.2g |
| Carbohydrates: | 46.6g | 12.6g |
| --Sugars: | 7.8g | 2.1g |
| Dietary Fibre: | 12.2g | 3.3g |
| Sodium: | 377mg | 102mg |
| Potassium: | 773mg | 209mg |

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.