



## 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.



### Ingredients

Ingredients: Cauliflower (21%), Water, Chickpeas (11%), Green peas (10%), Soy milk, Carrots (7%), Rice, Onion (6%), Sweetcorn (6%), Tomato paste, Tapioca starch, Capsicum (1%), Canola oil, Curry powder (0.3%), Booster (Natural vegetable flavours, Dextrose, Maltodextrin, Dehydrated Vegetables (Onion, Cabbage, Garlic, Spinach, Carrot), Yeast extracts, Vegetable protein extracts, Flavour enhancers (627, 631), Vegetable oil (Cottonseed)), Garlic, Black mustard seed, Salt, Turmeric, Vegetable gums (412, 415), Chilli powder. THIS MEAL CONTAINS CORN AND SOY PRODUCTS, YEAST.

### Nutritional Details

Nutritional Details	Regular Size 370g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1137kj (273Cal)	307kJ (74Cal)
Protein:	11.1g	3g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	6.1g	1.7g
--Saturated:	0.4g	0.1g
Carbohydrates:	42.5g	11.5g
--Sugars:	7.4g	2g
Dietary Fibre:	8.4g	2.3g
Folate:	86.7ug (43% RDI)	23.4ug
Sodium:	225mg	61mg
Potassium:	717mg	194mg
Phosphorus:	184mg (18% RDI)	50mg

#### 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.