



Fritters - Vegetable

Enjoy these fritters as a tasty meal or a lunch time treat. Served with diced potato, beans, carrots and a mushroom ragout.



Ingredients

Vegetable Fritters (39%) [Eggs, Onion (3.5%), Corn/Creamed Corn (40.7%), Carrot (12%), Mozzarella cheese, Gluten Free Flour, Gluten Free Breadcrumbs, Peas (3.5%), Tarragon, Parsley, Garlic, Salt, Pepper], Potato Salad [Potato, Peas, Carrots, Celery, Corn, Olive Oil, Salt, Rosemary, Pepper], Beans, Carrots, Mushroom Ragout [Mushrooms, Onions, Zucchini, Carrots, Celery, Salt, Garlic, Basil, Pepper] CONTAINS: EGGS, DAIRY, CORN, MUSHROOMS

Nutritional Details

Nutritional Details	Regular Size 380g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1611kj (386Cal)	424kJ (102Cal)
Protein:	17.9g	4.7g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	9.1g	2.4g
--Saturated:	2.7g	0.7g
Carbohydrates:	57g	15g
--Sugars:	4.9g	1.3g
Dietary Fibre:	9.9g	2.6g
Folate:	102.6ug (51% RDI)	27ug
Sodium:	612mg	161mg
Potassium:	1045mg	275mg
Phosphorus:	255mg (25% RDI)	67mg

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.