

## Vegetable & Lentil Patties

These gluten free sweet potato, spinach and red lentil patties have a hint of lemon and mint, served with mixed vegetables in a mild korma sauce, white rice and green beans.



### Ingredients

Vegetable & Lentil Patty (30%) [Water, Sweet Potato (Sweet Potato, Preservative 223), Gluten Free Bread Crumbs (Water, Rice Flour, Maize Flour, Potato Flour, Dry Yeast, Olive Oil, Eggs, Apple Cider Vinegar, Salt), Spinach, Red Lentil Split Dry, Onion, Mint, Lemon Juice (Lemon Juice, Reconstituted Lemon Juice, Preservative 202), Salt, Pepper], Rice, Beans, Potato, Milk, Pumpkin, Carrots, Peas, Onion, Korma Sauce [Water, Cashew Nuts, Yoghurt, Dried Onion, Tomato Paste, Canola Oil, Mixed Spices, Ginger, Garlic, Sugar, Salt, Food Acids (250, 270)], Water, Beans, Cauliflower, Celery, Capsicum, Sweet Potato, Tapioca, Oil, Salt, Pepper. CONTAINS DAIRY, NUTS, EGG. CONTAINS YEAST AND CORN PRODUCTS.

### Nutritional Details

	Regular Size 400g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	1056kJ (253Cal)	264kJ (63Cal)
Protein:	8.8g	2.2g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	2.8g	0.7g
--Saturated:	0.4g	0.1g
Carbohydrates:	44g	11g
--Sugars:	10.8g	2.7g
Dietary Fibre:	7.6g	1.9g
Folate:	84ug (42% RDI)	21ug
Sodium:	376mg	94mg
Potassium:	664mg	166mg
Phosphorus:	133mg (14% RDI)	33mg

#### 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.