



Vegetable Gratin

A delicious mix of cauliflower, broccoli, carrots, sweet potato and beans in a creamy white sauce with cheese and topped with gremolata.



Ingredients

Ingredients: Broccoli (11%), Cauliflower (11%), Sweet Potato (11%), Beans (11%), Carrots (11%), Water, Milk, Cheese, Tapioca, Gluten Free Flour, Gluten Free Breadcrumbs, Oil, Parsley, Stock Powder, Salt, Lemon, Pepper, Garlic. CONTAINS DAIRY.

Nutritional Details

	Regular Size 300g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	741kj (178Cal)	247kJ (59Cal)
Protein:	9.9g	3.3g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	4.9g	1.6g
--Saturated:	1.4g	0.5g
Carbohydrates:	20.7g	6.9g
--Sugars:	11.1g	3.7g
Dietary Fibre:	4.6g	1.5g
Folate:	81.6ug (41% RDI)	27.2ug
Sodium:	348mg	116mg
Potassium:	717mg	239mg
Phosphorus:	222mg (23% RDI)	74mg

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.