



## Vegetable Moussaka

Delicious gluten free layers of potato and eggplant topped with a tasty béchamel sauce served with roast pumpkin, roast sweet potato, green beans and cauliflower.



### Ingredients

Ingredients: Vegetable Moussaka (53% ) [Mixed Vegetables (40%) (Tomatoes, Spinach, Carrots, Onions, Potato, Green and Red Capsicum), Potato (18%), Eggplant (13%), Margarine (Vegetable Oil, Water, Salt, Emulsifiers (Soy Lecithin 471), Flavour, Acidity Regulator (500), Antioxidant (306), Food Acid (330), Colour (160a)), Cheese (Milk, Salt, Cultures), Anti-Caking Agent (Tapioca Starch (460), Preservative (200)), Eggplant, Gluten Free Flour, Milk Powder, Tomato Paste, Maize Starch, Leek, Canola Oil (Antioxidant (307), Emulsifier (900)), Tasty Cheese (Milk, Salt, Culture, Enzyme, Anti-Caking Agent), Salt, Sugar, Mixed Herbs (Oregano, Marjoram, Thyme, Sage), Dried Basil, Ground Paprika, Fresh Dill, Ground White Pepper], Green Beans, Cauliflower, Pumpkin, Sweet Potato. CONTAINS: MILK, SOY. MAY CONTAIN TRACES OF EGG, TREE NUTS, SESAME SEEDS, SULPHITES.

### Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	936kJ (224Cal)	234kJ (56Cal)
Protein:	8g	2g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	7.6g	1.9g
--Saturated:	3.6g	0.9g
Carbohydrates:	28.4g	7.1g
--Sugars:	10g	2.5g
Dietary Fibre:	6.4g	1.6g
Folate:	103.2ug (52% RDI)	25.8ug
Sodium:	856mg	214mg
Potassium:	1036mg	259mg
Phosphorus:	432mg (43% RDI)	108mg

#### 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.