



## Baked Vegetable Pack

Seasonal vegetables ideal for a light snack or an addition to a shared meal.

Vegetables are important sources of many nutrients, including potassium, dietary fibre, folate, vitamin A, and vitamin C. Diets rich in potassium may help to maintain healthy blood pressure.



## Ingredients

Potatoes (19%), Sweet Potatoes (17%), Pumpkin (17%), Carrots (17%), Beans (17%), Cauliflower (13%), Oil, Paprika, Salt, Pepper, Parsley.

## Nutritional Details

Regular Size 300g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	660kj (158Cal)	220kJ (53Cal)
Protein:	5.4g	1.8g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	1.5g	0.5g
--Saturated:	0.3g	0.1g
Carbohydrates:	24g	8g
--Sugars:	9.9g	3.3g
Dietary Fibre:	6.6g	2.2g
Folate:	77.1ug (40% RDI)	25.7ug
Sodium:	435mg	145mg
Potassium:	939mg	313mg
Phosphorus:	110mg (11% RDI)	37mg

### 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.