



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%), Carrots (17%), Sweet Potato (17%), Pumpkin (17%), Beans (17%), Cauliflower (12%), Parsley, Paprika, Pepper, Salt.

MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT.

Nutritional Details

Nutritional Details	Regular Size 300g Per Serve	
	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. To ensure dietary requirements are met, all nutritional claims are supported and reviewed independently. Meals are portion controlled to assist with healthy weight management.