



Economy - Sweet Vegetable Curry

A mildly spiced Indian curry will prove to be a vegetarian favourite - served with cauliflower speckled with mustard seeds and rice with tomatoes.

Cauliflower is one of the vegetables that is believed to be beneficial in boosting our intestinal defences, which may lower the risk of inflammatory bowel diseases such as ulcerative colitis.



Ingredients

Cauliflower (24%), Tomato Rice (19%) (Water, White Rice, Tomato Paste, Lo Salt), Chickpeas (11%), Peas (11%), Soy Milk (Water, Soybeans, Sugar, Calcium Phosphate, Vegetable Gums (460, 466, 407), Flavours, Sea Salt, Food Acids (340,331)), Carrots (8%), Sweet Corn (6%), Tomato Paste, Capsicum (2.5%), Onions, Tapioca, Canola Oil, Curry Powder, Garlic, Vegetable Stock Blend (contains Flavour Enhancer (627, 631)), Turmeric Powder, Mustard Seeds, Vegetable Gums (412, 415), Lo Salt, Chilli Powder. CONTAINS SOY.

Nutritional Details

Nutritional Details	Regular Size 370g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1280kj (307Cal)	346kJ (83Cal)
Protein:	11.8g	3.2g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	6.7g	1.8g
--Saturated:	0.7g	0.2g
Carbohydrates:	45.5g	12.3g
--Sugars:	8.5g	2.3g
Dietary Fibre:	12.2g	3.3g
Sodium:	426mg	115mg

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.