



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, 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:	1362kj (327Cal)	368kJ (88Cal)
Protein:	13g	3.5g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	7g	1.9g
--Saturated:	0.7g	0.2g
Carbohydrates:	46.6g	12.6g
--Sugars:	7.8g	2.1g
Dietary Fibre:	12.2g	3.3g
Sodium:	377mg	102mg
Potassium:	773mg	209mg

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.