



Falafels with Mixed Vegetable Tagine

Ground chickpeas and spices create delicious falafels accompanied by a vegetable tagine, tasty lentil and onion rice, green beans and cauliflower.

Legumes such as lentils are high in fibre, potassium, iron and many other nutrients. Lentils are among the world's best source of plant-based proteins and are an excellent food source for vegetarians.



Ingredients

Tagine (48%) (Water, Tomatoes, Potatoes, Pumpkin, Sweet Potatoes, Chickpeas, Cauliflower, Zucchini, Carrots, Onions, Tomato Paste [Concentrated Tomato, Salt], Cornflour, Oil, Garlic, Cinnamon, Coriander, Cumin, Salt, Pepper), Falafels (29%) (Chickpeas, Broad Beans, Parsley, Coriander, Carrots, Garlic, Citric Acid, Salt, Bicarbonate of Soda, Pepper, Cumin, Rice Bran Oil), Rice (Rice, Onions, Lentils, Canola Oil), Beans, Cauliflower.

Nutritional Details

Nutritional Details	Regular Size 410g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1968kj (472Cal)	480kJ (115Cal)
Protein:	16.8g	4.1g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	14.3g	3.5g
--Saturated:	2g	0.5g
Carbohydrates:	66g	16.1g
--Sugars:	7.4g	1.8g
Dietary Fibre:	10.7g	2.6g
Sodium:	783mg	191mg
Potassium:	1205mg	294mg
Phosphorus:	451mg (45% RDI)	110mg

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.