



Fritters - Vegetable

Enjoy these fritters as a tasty meal or a lunch time treat. Served with diced potato, beans, carrots and a mushroom ragout.

Eggs are a rich source of Vitamin D which helps to protect our bones, preventing osteoporosis and rickets. Eggs are also filling and may help with weight management, as their high protein content helps us to feel fuller for longer.



Ingredients

Fritters (39%) [Eggs, Onions, Corn (41%), Carrots (12%), Mozzarella Cheese, Gluten Free Breadcrumbs, Peas (4%), Tarragon, Parsley, Garlic, Salt, Pepper], Potato Salad [Potatoes, Peas, Carrots, Celery, Corn, Olive Oil, Salt, Rosemary, Pepper], Beans, Carrots, Mushroom Ragout [Mushrooms, Onions, Zucchini, Carrots, Tomato Paste [Concentrated Tomato, Salt], Celery, Basil, Parsley, Garlic, Cornflour, Salt, Pepper, Oil] CONTAINS: EGGS, MILK PRODUCTS.

Nutritional Details

Nutritional Details	Regular Size 380g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1611kj (386Cal)	424kJ (102Cal)
Protein:	17.9g	4.7g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	9.1g	2.4g
--Saturated:	2.7g	0.7g
Carbohydrates:	57g	15g
--Sugars:	4.9g	1.3g
Dietary Fibre:	9.9g	2.6g
Folate:	96.5ug (51% RDI)	25.4ug
Sodium:	509mg	134mg
Potassium:	973mg	256mg
Phosphorus:	255mg (25% RDI)	67mg

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.