Green Vegetable Medley - NEW

A delicious, healthy side of green beans, peas and broccoli. Pack contents: 200g tray (Contains 2x100g individual servings).

Ingredients

Broccoli (50%), Green Beans (25%), Peas (25%).

Nutritional Details

	Regular Size 200g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	386kj (93Cal)	193kJ (46Cal)
Protein:	8.8g	4.4g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	1.3g	0.7g
--Saturated:	0.2g	0.1g
Carbohydrates:	7.2g	3.6g
--Sugars:	2.4g	1.2g
Dietary Fibre:	9.2g	4.6g
Sodium:	22mg	11mg
Potassium:	582mg	291mg

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.