Rosemary Vegetable Roast - NEW

This side dish is a mix of pumpkin, potato, carrot and red onion lightly seasoned with rosemary. Pack contents: 220g tray (Contains 2x110g individual servings).

DF SC GF

Ingredients

Carrot (26%), Potato (26%) (**Sulphites**) (Preservative (220)), Pumpkin (26%), Red Onion (20%), Canola Oil, Salt, Paprika, Dried Rosemary (0.1%), Pepper, Dried Dill.
CONTAINS SULPHITES. MAY CONTAIN SESAME.

Nutritional Details

	Regular Size 220g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	541kj (130Cal)	246kJ (59Cal)
Protein:	3.1g	1.4g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	5.4g	2.5g
--Saturated:	0.4g	0.2g
Carbohydrates:	13.9g	6.3g
--Sugars:	8.8g	4g
Dietary Fibre:	5.3g	2.4g
Sodium:	317mg	144mg
Potassium:	607mg	276mg

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.