



Vegetable Moussaka

Delicious gluten free layers of potato and eggplant topped with a tasty bachel sauce served with roast pumpkin, roast sweet potato, green beans and cauliflower.

A Mediterranean diet is one of the healthiest ways of eating, filled with vegetables, legumes, greens and herbs. It has been shown to protect and manage chronic conditions such as Type 2 Diabetes, cardiovascular disease and fatty liver.



Ingredients

Moussaka (53%) (Vegetables (40%) [Tomatoes, Spinach, Carrots, Onions, Potato, Green & Red Capsicum], Potato (18%), Eggplant (13%), Margarine [Vegetable Oil, Water, Salt, Emulsifiers (**Soy** Lecithin 471), Flavour, Acidity Regulator (500), Antioxidant (306), Food Acid (330), Colour (160a)], Cheese (**Milk**), Anti-Caking Agent (Tapioca Starch (460), Preservative (200)), Eggplant, Gluten Free Flour, **Milk** Powder, Tomato Paste, Maize Starch, Leek, Canola Oil [Antioxidant (307), Emulsifier (900)], Tasty Cheese [**Milk**, Salt, Culture, Enzyme, Anti-Caking Agent], Salt, Sugar, Mixed Herbs [Oregano, Marjoram, Thyme, Sage], Basil, Paprika, Dill, White Pepper), Beans, Cauliflower, Pumpkin, Sweet Potato.

CONTAINS MILK, SOY. MAY CONTAIN EGG, SESAME, PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT, SULPHITES.

Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	936kJ (224Cal)	234kJ (56Cal)
Protein:	8g	2g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	7.6g	1.9g
--Saturated:	3.6g	0.9g
Carbohydrates:	28.4g	7.1g
--Sugars:	10g	2.5g
Dietary Fibre:	6.4g	1.6g
Folate:	103.2ug (52% RDI)	25.8ug
Sodium:	856mg	214mg
Potassium:	1036mg	259mg
Phosphorus:	432mg (43% RDI)	108mg

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.