



## Vegetable Moussaka

Delicious gluten free layers of potato and eggplant topped with a tasty bchamel 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 (50%) [Vegetables (40%) (Tomatoes, Spinach, Carrots, Onions, Potato, Green and Red Capsicum), Potatoes, Eggplant, Margarine ((contains Soy Lecithin 471)), Cheese, 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, Salt, Sugar, Mixed Herbs (Oregano, Marjoram, Thyme, Sage), Dried Basil, Ground Paprika, Fresh Dill, Ground White Pepper], Green Beans, Cauliflower, Pumpkin, Sweet Potatoes. CONTAINS: MILK & SOY. MAY CONTAIN TRACES OF EGGS, TREE NUTS, SESAME SEEDS, 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. 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.