

Vegetable Curry

Ready Meal



Nutritional Values	Per 100g	Per Pouch 300g
Energy Kj	213.0	639.0
Energy Kcal	51.0	153.0
Protein (g)	2.0	6.0
Carbohydrate (g)	8.0	24.0
of which sugar (g)	3.0	9.0
Fat (g)	1.2	3.6
of which saturated (g)	0.2	0.6
Fibre (g)	2.1	6.3
Sodium (g)	0.1	0.4
Equivalent in salt (g)	0.4	1.1

Vegetarian



Vegan



Allergens

none

Ingredients

mixed vegetables (mushroom, carrot, onion, butternut squash, green pepper, peas, green beans) (68%), tomato, camargue red rice) (4%), curry paste (<2%), garlic, cornflour, sea salt, olive oil, coriander, garam masala, black pepper

Produced in a nut free factory