**VEGETARIAN CURRY PUFFS 10 x 40g**

Manufactured in Australia from a mix of local and imported ingredients.

LOGO:

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Ingredients:

Pastry: 60%**Wheat Flour**, Margarine(Vegetable Oils and Fats, Water, Salt, Emulsifiers (471, 322[**Soy-Derived**]) Preservative (202), Acidity Regulator (330), Antioxidant (307b) Salt, Citric Acid

Filling: 60.6% Potato32.8% Mixed Vegetables, Onions, Salt, Garlic, Ginger, Spices, Vegetable Stock

(Salt, Sugar, Dehydrated Vegetables and Powders, Flavour Enhancer (635), Breadcrumbs

[flour, water, yeast and salt](**Gluten**), Spices, Herbs, Rice Bran Oil, Anti Caking Agent (554))

Cooking Instructions:

The following is a guide only

 Preheat Oven to 180°C. Place on baking tray. Bake from frozen for approximately 12-15mins. Cool for1 min before serving

 Preheat Oil to 180°C. Fry product from frozen for 3-5 mins. Drain on paper towel for 1 min before serving.

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| --- | --- | --- | --- |
| Nutritional Information | |  |  |
| Serving Size: Ave 40g | |  |  |
| Servings Per Package: 10 | |  |  |
|  |  | Per serving | Per 100g |
| Energy (kJ) |  | 408 | 1020 |
| Protein(g) |  | 2.88 | 7.2 |
| Fat(g) | - Total | 3.6 | 9 |
|  | - Saturated | 1.96 | 4.9 |
| Carbohydtrate | - Total(g) | 10.76 | 26.9 |
|  | - Sugars(g) | 2.08 | 5.2 |
| Dietry Fibre(g) |  | 1.12 | 2.8 |
| Sodium (mg/100g) | | 192 | 480 |

Barcode: 0609728995430

**MUSHROOM & WHITE WINE RISOTTO BALLS**

**330g**

Manufactured in Australia from a mix of local and imported ingredients.

LOGO:



Ingredients:

INGREDIENTS:

Aborio Rice, Water, Mushrooms (12.2%), Onions,

White Wine (4.6%), Garlic, Vegetable Stock, Salt, Sugar, Dehydrated Vegetables and Powders, Flavour Enhancer (635), Breadcrumbs [flour, water, yeast and salt]**(Gluten),** Spices, Herbs, Rice Bran Oil, Anti Caking Agent (554) Mushroom Stock (Sugar, **Wheat Flour**, Salt, Hydrolysed Vegetable Protein, Mushroom (14%), Dehydrated Vegetable Powders, Wheat Fibre, Flavour Enhancer (635), Rice Bran Oil, Anti-caking agent), Olive Oil, Salt, Pepper, Sugar, Breadcrumbs (**Wheat** flour, Sugar, Salt Yeast)

Cooking Instructions:

The following is a guide only

 Preheat Oven to 180°C. Place on baking tray. Bake from frozen for approximately 12-15mins. Cool for1 min before serving

 Preheat Oil to 180°C. Fry product from frozen for 4-6 mins. Drain on paper towel for 1 min before serving.

|  |  |  |  |
| --- | --- | --- | --- |
| Nutritional Information | |  |  |
| Serving Size: Ave 21g | |  |  |
| Ave Servings Per Package: 15 | | |  |
|  |  | Per serving | Per 100g |
| Energy (kJ) |  | 176.8 | 842 |
| Protein(g) |  | 0.9 | 4.3 |
| Fat(g) | - Total | 1.8 | 8.4 |
|  | - Saturated | 0.4 | 1.9 |
| Carbohydtrate | - Total(g) | 5.4 | 25.6 |
|  | - Sugars(g) | 0.6 | 2.7 |
| Dietry Fibre(g) |  | 0.6 | 2.8 |
| Sodium (mg/100g) | | 42.0 | 200 |

Barcode: 0609728995508

**PUMPKIN & THYME RISOTTO BALLS 350g**

Manufactured in Australia from a mix of local and imported ingredients.

Logo:



Ingredients: Water, Arborio Rice, Onions, Pumpkin Powder (3.43%), Vegetable Stock (Salt, Sugar, Dehydrated Vegetables and Powders, Flavour Enhancer (635), Breadcrumbs [flour, water, yeast and salt]**(Gluten),** Spices, Herbs, Rice Bran Oil, Anti Caking Agent (554)), Oil, Tomato Paste (Concentrated Tomatoes 99%, Salt), Ginger, Garlic, Sugar, Salt, Lemon Juice, Thyme 0.04%, Spices, Breadcrumbs (**Wheat** flour, Sugar, Salt Yeast)

Cooking Instructions:

The following is a guide only

 Preheat Oven to 180°C. Place on baking tray. Bake from frozen for approximately 12-15mins. Cool for1 min before serving

 Preheat Oil to 180°C. Fry product from frozen for 4-6 mins. Drain on paper towel for 1 min before serving.

|  |  |  |  |
| --- | --- | --- | --- |
| Nutritional Information | |  |  |
| Serving Size: Ave 21g | |  |  |
| Ave Servings Per Package: 16 | | |  |
|  |  | Per serving | Per 100g |
| Energy (kJ) |  | 176.8 | 842 |
| Protein(g) |  | 0.9 | 4.3 |
| Fat(g) | - Total | 1.8 | 8.4 |
|  | - Saturated | 0.4 | 1.9 |
| Carbohydrate | - Total(g) | 5.4 | 25.6 |
|  | - Sugars(g) | 0.6 | 2.7 |
| Dietary Fibre(g) |  | 0.6 | 2.8 |
| Sodium (mg) |  | 44.1 | 210 |

Barcode: 0609728995546

**TOMATO & BASIL RISOTTO BALLS**

**350g**

Manufactured in Australia from a mix of local and imported ingredients.

Logo:



Ingredients: Water, Arborio Rice, Tomato Puree (Reconstituted Tomato, Salt)(17.65%), Onions, Tomato Paste (Concentrated Tomatoes 99%, Salt) (3.59%) Garlic, Vegetable Stock (Salt, Sugar, Dehydrated Vegetables and Powders, Flavour Enhancer (635), Breadcrumbs [flour, water, yeast and salt]**(Gluten),** Spices, Herbs, Rice Bran Oil, Anti Caking Agent (554)), Oil, Sugar, Salt, Pepper, Basil (0.04%), Breadcrumbs (**Wheat** flour, Sugar, Salt Yeast)

Cooking Instructions:

The following is a guide only

 Preheat Oven to 180°C. Place on baking tray. Bake from frozen for approximately 12-15mins. Cool for1 min before serving

 Preheat Oil to 170°C. Fry product from frozen for 4-6 mins. Drain on paper towel for 1 min before serving.

|  |  |  |  |
| --- | --- | --- | --- |
| Nutritional Information | |  |  |
| Serving Size: Ave 21g | |  |  |
| Servings Per Package: 38 | |  |  |
|  |  | Per serving | Per 100g |
| Energy (kJ) |  | 164.6 | 823 |
| Protein(g) |  | 0.8 | 4.1 |
| Fat(g) | - Total | 1.7 | 8.3 |
|  | - Saturated | 0.7 | 3.5 |
| Carbohydrate | - Total(g) | 5.1 | 25.3 |
|  | - Sugars(g) | 0.4 | 1.9 |
| Dietary Fibre(g) |  | 0.4 | 2 |
| Sodium (mg/100g) | | 40 | 200 |

Barcode: 0609728995409