




Water	74g	Cholesterol	0.2917mg	Riboflavin (B <sub>2</sub> ) 2% RI	
Water from Drinks	0g			Niacin total (B <sub>3</sub> ) 2% RI	0.395mg
Alcohol (0% ABV)	0g	<b>MINERALS &amp; TRACE ELEMENTS</b>			
<b>CARBOHYDRATE</b>					
Starch	13.1g	Sodium 10% RI	247mg	Niacin 1% RI	0.2088mg
Oligosaccharide	-	Potassium 4% RI	89mg	Tryptophan	11.2mg
Fibre 9% RI	2.2g	Chloride 47% RI	374mg	Pantothenic Acid (B <sub>5</sub> ) 2% RI	0.108mg
NSP	1.7g	Calcium 1% RI	10.6mg	Vitamin B <sub>6</sub> 7% RI	0.096mg
Sugars 3% RI	2.4g	Phosphorus 3% RI	18.2mg	Folates (B <sub>9</sub> ) Total 3% RI	6.7ug
Glucose	0.0417g	Magnesium 2% RI	5.8mg	Vitamin B <sub>12</sub> 1% RI	0.0204ug
Galactose	0g	Iron 1% RI	0.1825mg	Biotin (B <sub>7</sub> ) 0% RI	0.1751ug
Fructose	0.0417g	Zinc 1% RI	0.135mg	Vitamin C 4% RI	2.9mg
Sucrose	0.2917g	Copper 2% RI	0.0196mg		
Maltose	0g	Manganese 2% RI	0.0442mg	<b>OTHER</b>	
Lactose	0g	Selenium 1% RI	0.2918ug	GI (estimated)	20.2
		Iodine 1% RI	1.5ug	GL	3.1
				Caffeine	-

RECIPE INGREDIENTS ...	QUANTITY:	DESCRIPTION:	METHOD:
<b>Veg Burger Actual..</b> BURGER	U 115g		N/A
<b>Mashed Carrots &amp; Parsnip..</b> CARROTS PARSNIP	U 30g		unchanged
<b>Mashed Potato Actual..</b> POTATOES 1% FAT MILK	U 70g	0.78 x 1 Scoop	unchanged
<b>Mixed Veg Actual..</b> MIXED VEG	U 25g	0.15 x 1 cup	unchanged

**PORTIONS / PACK SIZES ...**

**1 Serving**



**240g / 288kcal**

**INGREDIENT LIST (QUID) ...**

Burger (47.9%) [Rehydrated Potato (33%) (Water, Potato Flakes, Emulsifier (E471) Acidity Regulator (E330) Turmeric), Vegetables (26%) (Onion, Carrot, Sweet Corn, Peas, Broccoli), Breadcrumbs (**Wheat** Flour, Water, Yeast, Salt, Dextrose, Spice Extracts), Rapeseed Oil, Water, **Wheat** Flour, Salt, Starch (Corn, **Wheat**), Flavouring, Yeast Extract, Spices, Bamboo Fibre, Vegetable Powder (Mushroom, Onion), Sugar, Thickeners (E461, E412)], Potatoes 1% Fat **Milk** (29.2%) [Potato (89%), **Milk**, Butter (**Milk**), Salt, White Pepper], Carrots Parsnip (12.5%) [Carrots (59%), Parsnip (39%), Butter (**Milk**), Salt], Mixed Veg (10.4%)

May contain traces of **Mustard, Soya**

**ALLERGY ADVICE:** For allergens, see ingredients in **Bold**

**COOKING INSTRUCTIONS & NOTES**

INGREDIENTS

METHOD

**INGREDIENTS**

**30g** Carrots parsnip

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**70g** Potatoes 1% fat milk (0.78 x 1 Scoop)

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**25g** Mixed Veg (0.15 x 1 cup)

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**115g** Burger

**METHOD**

No Cooking Instructions