

## **Vegeta Roasted Stuffed Capsicum Recipe Mix**

## **1kg Plastic Pail**



**Product Code: GRY202** 

Size/Quantity: 1kg x 6

Barcode: 3856020239596

Producer: Podravka d.d., Croatia

Packed in Australia for Podravka International Pty Ltd

Ingredients: rice semolina, dried onion, salut\*, red lentils flour, dried potato, corn

starch, sugar, dried garlic, sweet red pepper, black pepper, spices,

parsley leaf.

Shelf Life: 15 Months

Storage Information: Keep in a dry and cool place

**Usage**: Make meat based or plant based meals using Vegeta Recipe Base Mix for

quick & easy preparation.

NUTRITION INFORMATION Servings per package: 4 Serving size: 15 g		
Average Quantities	Per Serving Dry	Per 100 g Dry
Energy	188 kJ 44 kcal	1254 kJ 296 kcal
Protein	1.4 g	9.3 g
Fat, total	0.2 g	1g
- saturated	0.03 g	0.2 g
Carbohydrate	8.7 g	58 g
- sugars	2.9 g	19 g
Dietary fibre	1.3 g	8.6 g
Sodium	560 mg	3700 mg