

Thai Curry Veggie Cakes

Lentil and green pea cakes
with coconut curry seasoning

The lowdown ▲

- 40 calories per veggie cake
- Gluten Free
- High source of plant protein and fibre
- Vegetarian Friendly
- No artificial colours, flavours or preservatives

Ingredients & allergy information ▲

Lentil flour (76%), rapeseed oil, coconut curry seasoning (7%) [sugar, sea salt, maize glucose syrup solids, tomato powder, onion powder, garlic powder, yoghurt powder (milk), coconut milk powder, acidity regulator: calcium phosphate; spice: ginger, coriander seed, cayenne, cinnamon; tapioca maltodextrin, vegetable oil: rape seed, coconut], Green peas (6%).

ALLERGEN ADVICE: See ingredients list for allergens in bold. May contain soya and sesame seeds. Store in a cool, dry place.

Once opened keep in an airtight container and enjoy within 14 days.

Nutritional information ▲

	Per 100g	Per lentil cake
Energy	1774KJ/421kcal	167kJ/40kcal
Fat	13.0g	1.2g
of which saturates	1.4g	0.1g
Carbohydrate	50.0g	4.7g
of which sugars	4.0g	0.4g
Fibre	11.0g	1.0g
Protein	24.0g	2.3g
Salt	1.2g	0.1g

