

Nutritional Information

Curries

F/R Thai Chicken Curry

Serving 400 g net		
Average Qty	Per 200 g (Recommended Serving)	Per 100g
Energy	793 kJ	397 g
Protein	15.9 g	7.9 g
Fat, total	9.4 g	4.7 g
- saturated	4.4 g	2.2 g
Carbohydrate	9.4 g	4.7 g
Sugar	5.2 g	2.6 g
Sodium	667 mg	334 mg

Ingredients: F/R Chicken Breast 30%, Purified Water, Tomato Paste*, Coconut Cream*, Carrot*, Potato*, Onion*, Spinach*, Red Thai Curry Paste 2% (Soy Bean Oil, Garlic, Cayeene, Shallots, Lemongrass, Sugar, Natural Shrimp, Fish Sauce [Anchovy Extract, Salt, Sugar], Kaffir Lime, Sugar*, Sunflower Oil*, Salt*, Ginger, Chilli*. *Organic Ingredients. This product contains seafood & fish ingredients. Made in New Zealand from local and imported ingredients.

F/R Butter Chicken Curry

Serving 400 g net		
Average Qty	Per 200 g (Recommended Serving)	Per 100g
Energy	999 kJ	499 g
Protein	16.3 g	8.2 g
Fat, total	15.1 g	7.6 g
- saturated	7.5 g	3.8 g
Carbohydrate	8.4 g	4.2 g
Sugar	5 g	2.5 g
Sodium	614 mg	307 mg

Ingredients: F/R Chicken Breast 30%, Purified Water, Tomato Paste*, Cream, Carrot*, Green Pea*, Onion*, Butter Chicken Paste 2% (Tomato Paste, Soybean Oil, Onion, Salt, Sugar, Ground Coriander, Red Chilli, Garlic, Vinegar, Ginger, Herbs & Spices, Cayenne, Citric Acid). Garlic*, Ginger*, Corn Thickener, Salt*, Sunflower Oil*, Sugar*, Chilli*. *Organic Ingredients. This product contains dairy (cream). Made in New Zealand from local and imported ingredients.

Organic Vegetable Korma Curry

Serving 400 g net		
Average Qty	Per 200 g (Recommended Serving)	Per 100g
Energy	447 kJ	224 g
Protein	3.7 g	1.9 g
Fat, total	4.5 g	2.3 g
- saturated	2.4 g	1.2 g
Carbohydrate	11.3 g	5.7 g
Sugar	4.9 g	2.5 g
Sodium	684 mg	342 mg

Ingredients: Purified Water, Vegetables*53% (Potato*, Tomato*, Carrot*, Red Capsicum*, Spinach*, Broccoli*, Green Capsicum*, Onion*), Coconut Cream*, Lentil*, Tomato Paste*, Korma Paste 2% (Soybean Oil, Coriander, Garlic, Ginger, Salt, Onion, Tomato Paste, Chilli, Turmeric, Black Pepper, Star-Anise, Cumin, Herbs & Spices, Tamarind), Salt*, Garlic*, Ginger, Sugar, Spices, Sunflower Oil*, Corn Thickener.*Organic Ingredients. Made in New Zealand from local and imported ingredients.

Organic Lamb and Pumpkin Curry

Serving 400 g net		
Average Qty	Per 200 g (Recommended Serving)	Per 100g
Energy	908 kJ	454 g
Protein	21.3 g	10.6 g
Fat, total	10.4 g	5.2 g
- saturated	5.8 g	2.9 g
Carbohydrate	8.6 g	4.3 g
Sugar	5 g	2.5 g
Sodium	753 mg	377 mg

Ingredients: Lamb* 28%, Purified Water, Pumpkin* 14%, Coconut Cream*, Carrot*, Potato*, Red Capsicum*, Green Capsicum*, Onion*, Curry Paste (Shallots, Soybean Oil, Salt, Garlic, Lemongrass, Curry Powder, Sugar, Red Chilli, Ground Coriander, Shrimp Paste, Shrimp, Salt, Cumin), Garlic*, Fish Sauce (Anchovy Fish Extract, Salt, Sugar), Kaffir Lime, Ginger, Sunflower Oil*, Salt*, Sugar*, Corn Thickener, Turmeric. *Organic Ingredients. This product contains seafood & fish ingredients. Made in New Zealand from local and imported ingredients.

