



THE REVOLUTION IN CAMPING FOOD!

# Product Specification

## Bush Country Harvest with Veggies & Quinoa

### Pack Sizes

300g

### Description

A blend of critically selected ingredients designed to create a ready to heat and eat quinoa and vegetable meal

### Ingredient Declaration

Water, Chick Peas, Tomatoes [Mineral Salt (509), Food Acid (330)], Sweet Potato, Zucchini, Corn Kernels, Red Capsicum, Quinoa (3%), Tomato Paste, Sugar, Salt, Corn Starch, Vegetable Gum (415), Spices, Natural Colour (160c)

### Allergens

This product is Gluten, meat, dairy, garlic & onion FREE

Allergens Present : NIL

Additional Sensitive Ingredients : Herb & Spice Extracts, Celery

### Country of Origin

This product is manufactured in Australia using local (93.11%) and imported ingredients (6.89%).

### Nutritional Analysis

<b>NUTRITION INFORMATION</b>			
Serving size: 215g			
		Average quantity per serving (300g)	Average quantity per 100g
Energy	kJ	1137	379
Energy	kcal	270	90
Protein	g	12.3	4.1
Fat - Total	g	3.9	1.3
Fat - Saturated	g	0.3	0.1
Carbohydrate - Total	g	41.7	13.9
Carbohydrate - Sugar	g	13.2	4.4
Sodium	mg	921	307

Nutrition information provided above are theoretical averages only and have been calculated from information obtained from Suppliers Specifications for ingoing raw materials.