



EVERGREEN Disability Care



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www.evergreendisabilitycare.com

VEGETABLE PAD THAI

PRICK & MICROWAVE
FOR 7½ MINUTES



Ingredients

Water, Cooked Noodles (27%) (Water, Rice Noodles (Rice Flour, Water)), Vegetables (25%) (Onion, Carrot, Red Capsicum, Spinach), Peanut Paste, Sugar, Vegetable Oil, Soy Sauce, Thickener (Modified Maize Starch), Scrambled Egg (1%) (contains Egg, Cream (Milk)), Salt, Vegetable Gum (Xanthan Gum)), Tofu (1%) (contains Soybeans), Tomato Paste, Garlic, Coconut Milk Powder, Salt, Coriander, Vinegar, Spring Greens, Spices, Tamarind Paste, Yeast Extract, Chilli, Herbs, Natural Colour (Paprika Oleoresins), Natural Flavouring

Nutrition

Serving Size: 375g

	Quantity per Serving	Quantity per 100g/100mL
Energy	Approx. 1710kJ	Approx. 456kJ
Protein	Approx. 11.3g	Approx. 3g
Fat, Total	Approx. 14.6g	Approx. 3.9g
-Saturated	Approx. 3g	<1g
Carbohydrate	Approx. 55.1g	Approx. 14.7g
-Sugars	Approx. 10.9g	Approx. 2.9g
Dietary Fibre	Approx. 4.9g	Approx. 1.3g
Sodium	Approx. 934mg	Approx. 249mg



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