



SAVOURY SNACKS

	Ingredients	Energy (kJ)	Energy (kcal)	Protein (g)	Carbohydrate (g)	Added sugar (g)	Total fat (g)	Saturated fat (g)	Fibre (g)	Sodium (mg)
Asparagus tart	Milk (milk), asparagus, low fat milk (milk), phyllo pastry (wheat, gluten), cheese (milk), oil, mustard	1896	452	24.6	28.4	0	26.3	9.5	3.2	440
Bobotie cigars	Lean mince, milk (milk), phyllo pastry (wheat, gluten) olive oil, white bread (wheat, gluten), raisins, dried apricot, onion, garam masala, turmeric, lemon zest, salt, garlic	875	209.33	13.9	13.5	0	10	3.09	1.5	489
Spanakopita	Spinach, phyllo pastry (wheat, gluten), feta (milk), onion, egg (egg), olive oil, nutmeg	622	148	6.4	13.1	0	7.3	3.2	1.5	297
Tomato basil skewers	Cheddar cheese (milk), tomatoes, basil pesto (milk), basil	769	183	10.4	1.8	0	14.9	7.7	0.6	251
Vegetarian moroccan cigars	Butternut, spinach, phyllo pastry (wheat, gluten), honey, onion, olive oil, almonds (treenuts), cranberries, ginger, coriander seed, cumin seed, paprika, cinnamon	776	185	5.2	27.9	2.6	4.4	0.6	3.9	120
Vietnamese rice wraps (gluten-free)	Carrots, cucumber, Chinese cabbage, peppers, spring onion, mint, coriander, rice paper rolls, sesame seeds, chilli	93	22	0.6	3.1	0.4	0.1	1	8	
Vietnamese rice wraps - sauce	Hoisin sauce (wheat, soya, gluten), soy sauce (wheat, gluten), honey	113	27	0.6	6	4.7	0	0	0	396