

Rice paper rolls with a hot 'n' spicy dipping sauce

970kJ, 0g fat

Nutrients	Amount per serve
Energy	
Protein	
Total fat	
- saturated fat	
- polyunsaturated fat	
- monounsaturated fat	
Cholesterol	
Carbohydrate	
Sugars	
Starch	
Fibre	
Thiamin	
Riboflavin	
Niacin	
Vitamin C	
Folate	
Vitamin A equivalents	
Sodium	
Potassium	
Magnesium	
Calcium	
Phosphorus	
Iron	
Zinc	

Dipping Sauce

146kJ, 0g fat

Nutrients	Amount per serve
Energy	
Protein	
Total fat	
- saturated fat	
- polyunsaturated fat	
- monounsaturated fat	
Cholesterol	
Carbohydrate	
Sugars	
Starch	
Fibre	
Thiamin	
Riboflavin	
Niacin	
Vitamin C	
Folate	
Vitamin A equivalents	

Sodium	
Potassium	
Magnesium	
Calcium	
Phosphorus	
Iron	
Zinc	