

## Vegie patties

1105kJ, 5g fat

Nutrients	Amount per serve
Energy	1105.14kJ
Protein	18.15g
Total fat	4.86g
- saturated fat	1.35g
- polyunsaturated fat	1.69g
- monounsaturated fat	1.30g
Cholesterol	5.62mg
Carbohydrate	33.13g
Sugars	4.53g
Starch	27.78g
Fibre	8.89g
Thiamin	0.50mg
Riboflavin	0.19mg
Niacin	2.85mg
Vitamin C	4.85mg
Folate	112.33µg
Vitamin A equivalents	27.31µg
Sodium	211.38mg
Potassium	528.21mg
Magnesium	97.32mg
Calcium	73.85mg
Phosphorus	315.17mg
Iron	4.61mg
Zinc	2.72mg