

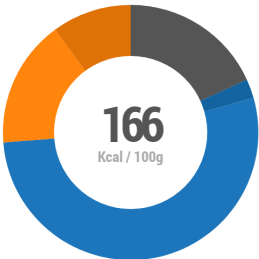
Meatball Marinara Actual

Hot School Meals

By Sinead Bradbury

OVERVIEW ...

U / 12808148



CALORIES:

55.5% Carbs

18.2% Protein

26.2% Fat

FOOD LABELLING...

EU Label values per 100g

Serves 1

	PER 100G	%RI	PER 296G SERVING	%RI
Energy(Kj)	711 kJ	8%	2103 kJ	25%
Energy(kcal)	169 kcal	8%	500 kcal	25%
Fat	4.8 g	7%	14 g	20%
of which saturates	1.9 g	10%	5.5 g	28%
Carbohydrate	23 g	9%	68 g	26%
of which sugars	1 g	1%	2.9 g	3%
Fibre	1.5 g	6%	4.5 g	18%
Protein	7.5 g	15%	22 g	44%
Salt	0.35 g	6%	1 g	17%

CONTAINS:



WHEAT

MAY CONTAIN:



EGGS

NUTRIENT BREAKDOWN PER 100G...

ENERGY		LIPID COMPONENTS		VITAMINS	
Energy(kcal) 8% RI	166kcal	Saturated Fat 9% RI	1.9g	Vitamin A (ret eq)	0ug
Energy(Kj) 8% RI	698kJ	Monounsaturated fat 0% RI	0.142g	Retinol	0ug
MACRONUTRIENTS		cis-Mono	-	Carotene	0ug
Carbohydrate 9% RI	23g	Polyunsaturated fat	-	Vitamin D	0ug
Protein 15% RI	7.5g	Omega3(n-3) 2% RI	0.0387g	Vitamin E	0mg
Fat 7% RI	4.8g	Omega6(n-6) 4% RI	0.542g	Vitamin K ₁	-
Water	62g	cis-Poly	-	Thiamin (B ₁) 29% RI	0.3162mg
Water from Drinks	0g	Trans-fatty acids	0g	Riboflavin (B ₂) 3% RI	0.0387mg
Alcohol (0% ABV)	0g	Cholesterol	5.2mg	Niacin total (B ₃) 20% RI	3.2mg
CARBOHYDRATE		MINERALS & TRACE ELEMENTS		Niacin	-
Starch	22g	Sodium 6% RI	139mg	Tryptophan	-
Oligosaccharide	-	Potassium 7% RI	148mg	Pantothenic Acid (B ₅) 3% RI	0.1936mg
Fibre 6% RI	-	Chloride 26% RI	211mg	Vitamin B ₆ 5% RI	0.071mg
NSP	1.2g	Calcium 2% RI	14.8mg	Folates (B ₉) Total 12% RI	23.9ug
Sugars 1% RI	0.9919g	Phosphorus 18% RI	129mg	Vitamin B ₁₂	0ug
Glucose	0.1936g	Magnesium 8% RI	31mg	Biotin (B ₇) 1% RI	0.6453ug
Galactose	-	Iron 8% RI	1.2mg	Vitamin C	0mg
Fructose	0.0645g	Zinc 10% RI	0.9679mg	OTHER	
		Copper 19% RI	0.1871mg		
		Manganese 26% RI	0.5162mg		

Sucrose
Maltose
Lactose

0.4323g
0.9218g
0g

Selenium
Iodine

-
0ug

GI (estimated)
GL
Caffeine

42
9.7
-

RECIPE INGREDIENTS ...	QUANTITY:	DESCRIPTION:	METHOD:
Marinara Sauce.. MARINARA SAUCE	U 40g		unchanged
Pasta Actual.. PASTA	U 191g	2 x cup	unchanged
Beef Meatballs Actual.. BEEF MEATBALLS	U 65g		N/A

PRODUCTS / PACK SIZES ...

1 Serving



🕒 296g / 500kcal
1

INGREDIENT LIST (QUID) ...

Pasta (64.5%) (**Wheat**), Beef Meatballs (22%) [Beef 71%, Onion, Pea Fiber, Pea Starch, Rapeseed Oil, Salt, Sugar, Spices, Dextrose, Glucose Syrup, Stabilisers, E451, E450], Marinara Sauce (13.5%) [Tomato Puree 62%, Water, Sugar, Salt, Modified Corn Starch, Sunflower Oil And Spices]
ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Eggs

COOKING INSTRUCTIONS & NOTES

INGREDIENTS

- 65g Beef meatballs ()
- 40g Marinara sauce ()
- 191g Pasta (2 x cup)

METHOD

No Cooking Instructions