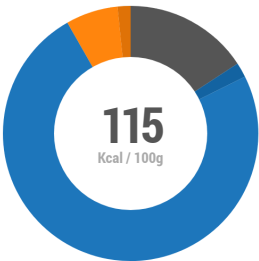


Pasta Bolognese March '25

By Sinead Bradbury



CALORIES:

76% Carbs

15.8% Protein

8.2% Fat

FOOD LABELLING...

EU Label values per 100g

Serves 1

	PER 100G	%RI	PER 290G SERVING	%RI
Energy(Kj)	497 kJ	6%	1442 kJ	17%
Energy(kcal)	118 kcal	6%	341 kcal	17%
Fat	1.1 g	2%	3 g	4%
of which saturates	0.2 g	1%	0.6 g	3%
Carbohydrate	22 g	8%	63 g	24%
of which sugars	0.5 g	1%	1.6 g	2%
Fibre	1.4 g	6%	4 g	16%
Protein	4.5 g	9%	13 g	26%
Salt	0.3 g	5%	0.86 g	14%

CONTAINS:



WHEAT

NUTRIENT BREAKDOWN PER 100G...

ENERGY		LIPID COMPONENTS		VITAMINS	
Energy(kcal) 6% RI	115kcal	Saturated Fat 1% RI	0.2103g	Vitamin A (ret eq)	0ug
Energy(Kj) 6% RI	486kJ	Monounsaturated fat 1% RI	0.1517g	Retinol	0ug
MACRONUTRIENTS		cis-Mono	-	Carotene	0ug
Carbohydrate 8% RI	21.8g	Polyunsaturated fat	-	Vitamin D	0ug
Protein 9% RI	4.5g	Omega3(n-3) 2% RI	0.0414g	Vitamin E	0mg
Fat 2% RI	1.1g	Omega6(n-6) 4% RI	0.5793g	Vitamin K 1	-
Water	43g	cis-Poly	-	Thiamin (B1) 31% RI	0.3379mg
Water from Drinks	0g	Trans-fatty acids	0g	Riboflavin (B2) 3% RI	0.0414mg
Alcohol (0% ABV)	0g	Cholesterol	5.5mg	Niacin total (B3) 21% RI	3.4mg
CARBOHYDRATE		MINERALS & TRACE ELEMENTS		Niacin	-
Starch	21.3g	Sodium 5% RI	119mg	Tryptophan	-
Oligosaccharide	-	Potassium 8% RI	159mg	Pantothenic Acid (B5) 3% RI	0.2069mg
Fibre 5% RI	1.4g	Chloride 23% RI	180mg	Vitamin B 6 5% RI	0.0759mg
NSP	1.1g	Calcium 2% RI	15.9mg	Folates (B9) Total 13% RI	25.5ug
Sugars 1% RI	0.5345g	Phosphorus 20% RI	138mg	Vitamin B 12	0ug
Glucose	0.2069g	Magnesium 9% RI	33.1mg	Biotin (B7) 1% RI	0.6897ug
Galactose	-	Iron 9% RI	1.2mg	Vitamin C	0mg
Fructose	0.069g	Zinc 10% RI	1mg	OTHER	
		Copper 20% RI	0.2mg		
		Manganese 28% RI	0.5517mg		

Sucrose
Maltose
Lactose

0.4621g
0.9852g
0g

Selenium
Iodine

-
0ug

GI (estimated)
GL
Caffeine

44
9.5
-

RECIPE INGREDIENTS ...	QUANTITY:	DESCRIPTION:	METHOD:
Pasta Actual March '25.. PASTA	U 200g	3 ¼ x serving	unchanged
Bolognese Sauce March '25.. BOLOGNESE MIX	U 80g		unchanged
Marinara Sauce.. MARINARA SAUCE	U 10g		unchanged

PRODUCTS / PACK SIZES ...

1 Serving



🕒 290g / 341kcal
1.0

INGREDIENT LIST (QUID) ...

Pasta (69%) [Pasta, Durum **Wheat**], Bolognese Mix (27.6%) [Chopped Tomato, Tomato Puree, Minced Beef, Onion, Bouillon (Beef Lard, Paprika, Parsnip, Colour(Caramel), Carrot, Rosemary, Pepper, Mushroom, All Spice, Coriander, Turmeric, Fennel, Fenugreek Seed, Cumin, Ginger, Cinnamon, Chilli, Garlic, Italian Herbs, Paprika, Bay Leaves)], Marinara Sauce (3.4%) [Tomato Puree 62%, Water, Sugar, Salt, Modified Corn Starch, Sunflower Oil And Spices]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**

COOKING INSTRUCTIONS & NOTES

INGREDIENTS

- 80g Bolognese Mix ()
- 10g Marinara Sauce ()
- 200g Pasta (3 ¼ x serving)