

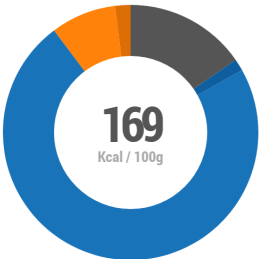
Plain Pasta Actual March '25

Hot School Meals

By Sinead Bradbury

OVERVIEW ...

U / 12808124



CALORIES:
74.4% Carbs
15.4% Protein
10.2% Fat

FOOD LABELLING...

EU Label values per 100g

Serves 1

	PER 100G	%RI	PER 151G SERVING	%RI
Energy(Kj)	733 kJ	9%	1108 kJ	13%
Energy(kcal)	173 kcal	9%	262 kcal	13%
Fat	1.9 g	3%	2.9 g	4%
of which saturates	0.4 g	2%	0.6 g	3%
Carbohydrate	32 g	12%	48 g	18%
of which sugars	0.6 g	1%	1 g	1%
Fibre	1.9 g	8%	2.8 g	11%
Protein	6.5 g	13%	9.8 g	20%
Salt	0.41 g	7%	0.61 g	10%

CONTAINS:



WHEAT

NUTRIENT BREAKDOWN PER 100G...

ENERGY		LIPID COMPONENTS		VITAMINS	
Energy(kcal) 8% RI	169kcal	Saturated Fat 2% RI	0.3651g	Vitamin A (ret eq)	0ug
Energy(Kj) 9% RI	718kJ	Monounsaturated fat 2% RI	0.5278g	Retinol	0ug
MACRONUTRIENTS		cis-Mono	-	Carotene	0ug
Carbohydrate 12% RI	31.5g	Polyunsaturated fat 0% RI	0.0778g	Vitamin D	0ug
Protein 13% RI	6.5g	Omega3(n-3) 3% RI	0.0595g	Vitamin E 0% RI	0.0405mg
Fat 3% RI	1.9g	Omega6(n-6) 6% RI	0.8333g	Vitamin K ₁	-
Water	57g	cis-Poly	-	Thiamin (B ₁) 44% RI	0.4861mg
Water from Drinks	0g	Trans-fatty acids	0g	Riboflavin (B ₂) 4% RI	0.0595mg
Alcohol (0% ABV)	0g	Cholesterol	7.9mg	Niacin total (B ₃) 30% RI	4.9mg
CARBOHYDRATE		MINERALS & TRACE ELEMENTS		Niacin	0mg
Starch	30.6g	Sodium 7% RI	162mg	Tryptophan	0mg
Oligosaccharide	-	Potassium 11% RI	228mg	Pantothenic Acid (B ₅) 5% RI	0.2976mg
Fibre 8% RI	-	Chloride 30% RI	240mg	Vitamin B ₆ 8% RI	0.1091mg
NSP	1.9g	Calcium 3% RI	22.8mg	Folates (B ₉) Total 18% RI	36.7ug
Sugars 1% RI	1.4g	Phosphorus 28% RI	198mg	Vitamin B ₁₂	0ug
Glucose	0.6333g	Magnesium 13% RI	48mg	Biotin (B ₇) 2% RI	0.9921ug
Galactose	0.2976g	Iron 13% RI	1.8mg	Vitamin C	0mg
Fructose	0.0992g	Zinc 15% RI	1.5mg		
		Copper 29% RI	0.2878mg		
		Manganese 40% RI	0.7937mg		
				OTHER	

Sucrose
Maltose
Lactose

0.6647g
1.4g
0g

Selenium
Iodine

0ug
0ug

GI (estimated)
GL
Caffeine

43
13.7
-

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

Pasta Actual March '25..
PASTA

U

150g

2.4 x 1 serving

unchanged

Olive oil, light, spray fry..
LIGHT OLIVE OIL

IE09

1.2g

1 x second spray

unchanged

PRODUCTS / PACK SIZES ...

1 Serving



151g

/ 262kcal

#

1.0

INGREDIENT LIST (QUID) ...

Pasta (99.2%) [Pasta, Durum **Wheat**], Light Olive Oil (0.79%)
ALLERGY ADVICE: For allergens, see ingredients in **Bold**

COOKING INSTRUCTIONS & NOTES

INGREDIENTS

1.2g Light olive oil (1 x second spray)

150g Pasta (2.4 x 1 serving)

METHOD

No Cooking Instructions