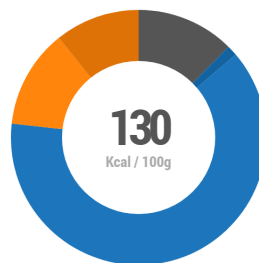


By Sinead Bradbury

OVERVIEW ...

U / 12808720



CALORIES:

64.3% Carbs

12.4% Protein

23.3% Fat

FOOD LABELLING...

EU Label values per 100g

Serves **1**

	PER 100G	%RI	PER 265G SERVING	%RI
Energy(Kj)	558 kJ	7%	1478 kJ	18%
Energy(kcal)	132 kcal	7%	351 kcal	18%
Fat	3.4 g	5%	8.9 g	13%
of which saturates	1.6 g	8%	4.1 g	21%
Carbohydrate	21 g	8%	55 g	21%
of which sugars	0.5 g	1%	1.1 g	1%
Fibre	1.1 g	4%	3 g	12%
Protein	4 g	8%	11 g	22%
Salt	0.18 g	3%	0.47 g	8%

CONTAINS:



MAY CONTAIN:



NUTRIENT BREAKDOWN PER 100G...

ENERGY		LIPID COMPONENTS		VITAMINS	
Energy(kcal) 7% RI	130kcal	Saturated Fat 8% RI	1.6g	Vitamin A (ret eq)	0ug
Energy(Kj) 7% RI	549kJ	Monounsaturated fat 0% RI	0.1245g	<i>Retinol</i>	0ug
MACRONUTRIENTS		<i>cis-Mono</i>	-	<i>Carotene</i>	0ug
		Polyunsaturated fat		Vitamin D	0ug
		<i>Omega3(n-3)</i> 2% RI	0.034g	Vitamin E	0mg
		<i>Omega6(n-6)</i> 3% RI	0.4755g	Vitamin K ₁	-
		<i>cis-Poly</i>	-	Thiamin (B ₁) 25% RI	0.2774mg
		Trans-fatty acids	0g	Riboflavin (B ₂) 2% RI	0.034mg
		Cholesterol	4.5mg	Niacin total (B ₃) 17% RI	2.8mg
		MINERALS & TRACE ELEMENTS		<i>Niacin</i>	-
		Sodium 3% RI	70mg	<i>Tryptophan</i>	-
		Potassium 7% RI	130mg	Pantothenic Acid (B ₅) 3% RI	0.1698mg
		Chloride 13% RI	106mg	Vitamin B ₆ 4% RI	0.0623mg
		Calcium 2% RI	13mg	Folates (B ₉) Total 10% RI	20.9ug
		Phosphorus 16% RI	113mg	Vitamin B ₁₂ 6% RI	0.1415ug
		Magnesium 7% RI	27.2mg	Biotin (B ₇) 1% RI	0.566ug
CARBOHYDRATE		Iron 7% RI	1mg	Vitamin C	0mg
		Zinc 8% RI	0.8491mg		
		Copper 16% RI	0.1642mg		
		Manganese 23% RI	0.4528mg		
		Selenium	-		
				OTHER	
				GI (estimated)	40

Maltose
Lactose

0.8086g
0g

Iodine

0ug

GL
Caffeine

8.5
-

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

Plain Pasta Actual..

U

150g

1.06 x 141g Serving

unchanged

Sacla' Vegan Cheese Sauce 350g..

SACLA'

BRANDB

30g

0.09 x Per pack

unchanged

Plant it Meat alternative..

U

70g

N/A

Violife Mozzarella Flavour Grated Vegan Alternative to Cheese 200g..

VIOLIFE

BRANDB

15g

½ x Per Serving (30g)

N/A

PRODUCTS / PACK SIZES ...

1 Serving



265g / 351kcal

1

INGREDIENT LIST (QUID) ...

Plain Pasta Actual (56.6%) [Pasta (100%) (**Wheat**)], Plant It Meat Alternative (26.4%) [Water, Pea Protein, Beetroot Puree, Thickener, Methyl Cellulose, Natural Flavouring, Garlic Powder, Colour: Burnt Sugar, Calcium Carbonate, Black Pepper, Smoked Paprika, Nutmet, Iron, Vitamin B12.], Sacla' Vegan Cheese Sauce 350g (11.3%) [Water, Sunflower Seed Oil, **Soya** Preparation (7.5%) (Water, **Soya Beans**, Salt), Maize Starch, Sugar, Natural Flavourings, Pea Proteins, Thickener: Xanthan Gum, Salt, Onion Powder, Concentrate (Carrot, Apple)], Violife Mozzarella Flavour Grated Vegan Alternative To Cheese 200g (5.7%) [Water, Coconut Oil (24%), Modified Starch*, Starch, Sea Salt, Mozzarella Flavour, Olive Extract, Colour: B-Carotene, Vitamin B12, *Not to be confused with GMO (Genetically Modified) ingredients]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Eggs, Tree nuts

COOKING INSTRUCTIONS & NOTES

INGREDIENTS

- 150g** Plain Pasta Actual (1.06 x 141g Serving)
- 70g** Plant it Meat alternative ()
- 30g** Sacla' Vegan Cheese Sauce 350g (0.09 x Per pack)
- 15g** Violife Mozzarella Flavour Grated Vegan Alternative to Cheese 200g (½ x Per Serving (30g))

METHOD

No Cooking Instructions