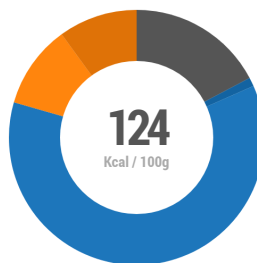


By Sinead Bradbury

OVERVIEW ...

U / 13278456



CALORIES:

62.2% Carbs

17.3% Protein

20.6% Fat

FOOD LABELLING...

EU Label values per 100g

Serves **1**

	PER 100G	%RI	PER 265G SERVING	%RI
Energy(Kj)	534 kJ	6%	1416 kJ	17%
Energy(kcal)	127 kcal	6%	336 kcal	17%
Fat	2.8 g	4%	7.5 g	11%
<i>of which saturates</i>	1.4 g	7%	3.7 g	19%
Carbohydrate	19 g	7%	51 g	20%
<i>of which sugars</i>	0.5 g	1%	0.9 g	1%
Fibre	1.1 g	4%	3 g	12%
Protein	5.4 g	11%	14 g	28%
Salt	0.1 g	2%	0.27 g	5%

CONTAINS:



MAY CONTAIN:



NUTRIENT BREAKDOWN PER 100G...

[illegible]

Maltose
Lactose

0.8086g
0g

Iodine

0ug

GL
Caffeine

8.5
-

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

Grated Cheese Actual..
CATHEDRAL CITY

U

15g

½ x per 30g serving

unchanged

Pasta Actual..
PASTA

U

150g

2.4 x 1 serving

unchanged

Plant it Meat alternative..

U

70g

N/A

Gourmet White Sauce..

U

30g

unchanged

PRODUCTS / PACK SIZES ...

1 Serving



265g / 336kcal

1

INGREDIENT LIST (QUID) ...

Pasta (56.6%) (**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.], Gourmet White Sauce (11.3%) [**Milk** (**Milk**), Cream (**Milk**), Water, Onion, Butter (Cream, **Milk**, Salt), **Wheat** Flour (Calcium Carbonate, Niacin, Iron, Thiamine), Modified Maize Starch, Vegetable Bouillon (Salt, Caster Sugar, Potato Starch, Yeast Extract, Leek Powder, Carrot Powder, White Onion Powder, Garlic Powder, Ground Cumin, Acid (Citric Acid), Ground Black Pepper, Rubbed Parsley, Turmeric Powder, Garlic Cloves, Garlic Powder, Parsley), Grated Cheese Actual (5.7%)

[Cheddar 25% (**Milk**), Red Cheese (**Milk**) 75% (Water, **Milk** Protein, Modified Potato Starch, Salt)]

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

COOKING INSTRUCTIONS & NOTES

INGREDIENTS

30g Gourmet White Sauce ()

15g Grated Cheese Actual (½ x per 30g serving)

150g Pasta (2.4 x 1 serving)

70g Plant it Meat alternative ()

METHOD

No Cooking Instructions