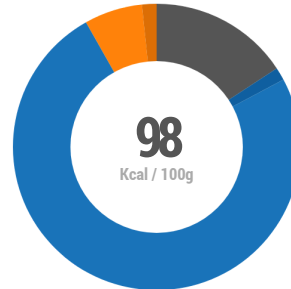


Chicken & Pesto Pasta Aug '25 (3)

By Sinead Bradbury

OVERVIEW ...

U / 16181135



CALORIES:
76.1% Carbs
15.7% Protein
8.2% Fat

FOOD LABELLING...

EU Label values per 100g

Serves **1**

	PER 100G	%RI	PER 270G SERVING	%RI
Energy(KJ)	424 kJ	5%	1144 kJ	14%
Energy(kcal)	100 kcal	5%	270 kcal	14%
Fat	0.9 g	1%	2.4 g	3%
<i>of which saturates</i>	0.2 g	1%	0.5 g	3%
Carbohydrate	19 g	7%	50 g	19%
<i>of which sugars</i>	0.5 g	1%	1 g	1%
Fibre	1.1 g	4%	3 g	12%
Protein	3.9 g	8%	10 g	20%
Salt	0.24 g	4%	0.64 g	11%

CONTAINS:



WHEAT



MILK

NUTRIENT BREAKDOWN PER 100G...

ENERGY		LIPID COMPONENTS		VITAMINS	
Energy(kcal) 5% RI	98kcal	Saturated Fat 1% RI	0.1778g	Vitamin A (ret eq)	0ug
Energy(Kj) 5% RI	415kJ	Monounsaturated fat 0% RI	0.1304g	Retinol	0ug
		<i>cis-Mono</i>	-	Carotene	0ug
		Polyunsaturated fat	-	Vitamin D	0ug
		<i>Omega3(n-3)</i> 2% RI	0.0356g	Vitamin E	0mg
		<i>Omega6(n-6)</i> 4% RI	0.4978g	Vitamin K ₁	-
		<i>cis-Poly</i>	-	Thiamin (B ₁) 26% RI	0.2904mg
		Trans-fatty acids	0g	Riboflavin (B ₂) 3% RI	0.0356mg
		Cholesterol	4.7mg	Niacin total (B ₃) 18% RI	2.9mg
				Niacin	-
MACRONUTRIENTS		MINERALS & TRACE ELEMENTS			
Carbohydrate 7% RI	18.6g				
Protein 8% RI	3.9g				
Fat 1% RI	0.8889g				
Water	33.9g				
Water from Drinks	0g				
Alcohol (0% ABV)	0g				

CARBOHYDRATE

Starch	18.3g
Oligosaccharide	-
Fibre 5% RI	1.1g
NSP	0.8661g
Sugars 0% RI	0.3556g
Glucose	0.1778g
Galactose	-
Fructose	0.0593g
Sucrose	0.397g
Maltose	0.8466g
Lactose	0g

Sodium 4% RI
Potassium 7% RI
Chloride 18% RI
Calcium 2% RI
Phosphorus 17% RI
Magnesium 8% RI
Iron 8% RI
Zinc 9% RI
Copper 17% RI
Manganese 24% RI
Selenium
Iodine

95mg
136mg
144mg
13.6mg
119mg
28.4mg
1.1mg
0.8889mg
0.1719mg
0.4741mg
-
0ug

Tryptophan	-
Pantothenic Acid (B ₅) 3% RI	0.1778mg
Vitamin B ₆ 5% RI	0.0652mg
Folates (B ₉) Total 11% RI	21.9ug
Vitamin B ₁₂	0ug
Biotin (B ₇) 1% RI	0.5926ug
Vitamin C	0mg

OTHER

GI (estimated)	44
GL	8.2
Caffeine	-

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

Pasta Actual March '25..

PASTA

U

160g

2 ½ x serving

unchanged

Bespoke Nut Free Pesto Sauce..

U

50g

N/A

100% Irish Chicken August '25..

U

60g

unchanged

PORTIONS / PACK SIZES ...

1 Serving



270g / 270kcal

INGREDIENT LIST (QUID) ...

Pasta (59.3%) [Pasta, Durum **Wheat**], 100% Irish Chicken August '25 (22.2%) [100% Irish Chicken Breast, Water, Salt], Bespoke Nut Free Pesto Sauce (18.5%) [Basil, Olive Oil, PARMESAN CHEESE (**Milk**), Salt, Black Pepper]

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

COOKING INSTRUCTIONS & NOTES

INGREDIENTS

- 60g 100% Irish Chicken August '25
- 50g Bespoke Nut Free Pesto Sauce

METHOD

No Cooking Instructions

160g Pasta (2 ½ x serving)

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