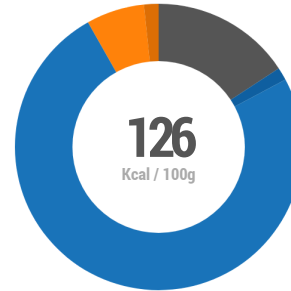


Pesto Pasta August '25 (2)

By Sinead Bradbury

OVERVIEW ...

U / 16181072



CALORIES:
76.1% Carbs
15.7% Protein
8.2% Fat

FOOD LABELLING...

EU Label values per 100g

Serves **1**

	PER 100G	%RI	PER 210G SERVING	%RI
Energy(Kj)	545 kJ	6%	1144 kJ	14%
Energy(kcal)	129 kcal	6%	270 kcal	14%
Fat	1.1 g	2%	2.4 g	3%
<i>of which saturates</i>	0.2 g	1%	0.5 g	3%
Carbohydrate	24 g	9%	50 g	19%
<i>of which sugars</i>	0.5 g	1%	1 g	1%
Fibre	1.4 g	6%	3 g	12%
Protein	5 g	10%	10 g	20%
Salt	0.3 g	5%	0.64 g	11%

CONTAINS:



WHEAT



MILK

NUTRIENT BREAKDOWN PER 100G...

ENERGY		LIPID COMPONENTS		VITAMINS	
Energy(kcal) 6% RI	126kcal	Saturated Fat 1% RI	0.2286g	Vitamin A (ret eq)	0ug
Energy(Kj) 6% RI	533kJ	Monounsaturated fat 1% RI	0.1676g	<i>Retinol</i>	0ug
		<i>cis-Mono</i>	-	<i>Carotene</i>	0ug
		Polyunsaturated fat	-	Vitamin D	0ug
		<i>Omega3(n-3) 2% RI</i>	0.0457g	Vitamin E	0mg
		<i>Omega6(n-6) 5% RI</i>	0.64g	Vitamin K ₁	-
		<i>cis-Poly</i>	-	Thiamin (B ₁) 34% RI	0.3733mg
		Trans-fatty acids	0g	Riboflavin (B ₂) 3% RI	0.0457mg
		Cholesterol	6.1mg	Niacin total (B ₃) 23% RI	3.7mg
				<i>Niacin</i>	-
MACRONUTRIENTS		MINERALS & TRACE ELEMENTS			
Carbohydrate 9% RI	23.9g				
Protein 10% RI	5g				
Fat 2% RI	1.1g				
Water	44g				
<i>Water from Drinks</i>	0g				
Alcohol (0% ABV)	0g				

CARBOHYDRATE	
Starch	23.5g
Oligosaccharide	-
Fibre 6% RI	1.4g
NSP	1.1g
Sugars 1% RI	0.4571g
Glucose	0.2286g
Galactose	-
Fructose	0.0762g
Sucrose	0.5105g
Maltose	1.1g
Lactose	0g

Sodium 5% RI
Potassium 9% RI
Chloride 23% RI
Calcium 2% RI
Phosphorus 22% RI
Magnesium 10% RI
Iron 10% RI
Zinc 11% RI
Copper 22% RI
Manganese 30% RI
Selenium
Iodine

122mg
175mg
185mg
17.5mg
152mg
36.6mg
1.4mg
1.1mg
0.221mg
0.6095mg
-
0ug

Tryptophan	-
Pantothenic Acid (B ₅) 4% RI	0.2286mg
Vitamin B ₆ 6% RI	0.0838mg
Folates (B ₉) Total 14% RI	28.2ug
Vitamin B ₁₂	0ug
Biotin (B ₇) 2% RI	0.7619ug
Vitamin C	0mg

OTHER	
GI (estimated)	44
GL	10.5
Caffeine	-


RECIPE INGREDIENTS ... QUANTITY: DESCRIPTION: METHOD:

Plain Pasta.. U **160g** **2 ½ x serving** *unchanged*

Bespoke Nut Free Pesto Sauce.. U **50g** *N/A*

PORTIONS / PACK SIZES ...

1 Serving



210g / 270kcal

INGREDIENT LIST (QUID) ...

Pasta (76.2%) [Pasta, Durum **Wheat**], Bespoke Nut Free Pesto Sauce (23.8%) [Basil, Olive Oil, PARMESAN CHEESE (**Milk**), Salt, Black Pepper]
ALLERGY ADVICE: For allergens, see ingredients in **Bold**

COOKING INSTRUCTIONS & NOTES

INGREDIENTS	
50g	Bespoke Nut Free Pesto Sauce
160g	Pasta (2 ½ x serving)

METHOD

No Cooking Instructions