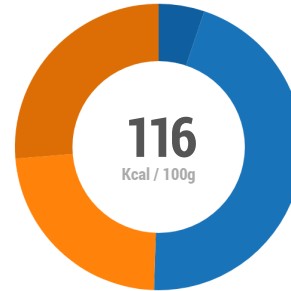


Pasta Carbonara (GF)

By Sinead Bradbury

OVERVIEW ...

U / 17906111



CALORIES:

50.5% Carbs

0% Protein

49.5% Fat

FOOD LABELLING...

EU Label values per 100g

Serves **1**

	PER 100G	%RI	PER 250G SERVING	%RI
Energy(Kj)	491 kJ	6%	1227 kJ	15%
Energy(kcal)	117 kcal	6%	294 kcal	15%
Fat	6.4 g	9%	16 g	23%
<i>of which saturates</i>	3.4 g	17%	8.5 g	43%
Carbohydrate	15 g	6%	37 g	14%
<i>of which sugars</i>	1.5 g	2%	3.8 g	4%
Fibre	0.5 g	2%	1.3 g	5%
Protein	-	-	-	-
Salt	0.9 g	15%	2.3 g	38%

CONTAINS:



WHEAT



MILK

Nutri-Score



HFSS Rating
(HFSS Restrictions apply)

8

NUTRIENT BREAKDOWN PER 100G...

ENERGY	LIPID COMPONENTS	VITAMINS
Energy(kcal) 6% RI	Saturated Fat 17% RI	Vitamin A (ret eq)
Energy(Kj) 6% RI	Monounsaturated fat	Retinol
	<i>cis-Mono</i>	Carotene
	Polyunsaturated fat	Vitamin D
	<i>Omega3(n-3)</i>	Vitamin E
	<i>Omega6(n-6)</i>	Vitamin K ₁
	<i>cis-Poly</i>	Thiamin (B ₁)
	Trans-fatty acids	
MACRONUTRIENTS		
Carbohydrate 6% RI		
Protein		
Fat 9% RI		


Water	77g	Cholesterol	-	Riboflavin (B ₂)	-
Water from Drinks	0g			Niacin total (B ₃)	-
Alcohol	-			Niacin	-
		MINERALS & TRACE ELEMENTS		Tryptophan	-
CARBOHYDRATE		Sodium 15% RI	360mg	Pantothenic Acid (B ₅)	-
Starch	13.2g	Potassium	-	Vitamin B ₆	-
Oligosaccharide	-	Chloride 68% RI	545mg	Folates (B ₉) Total	0ug
Fibre 2% RI	0.5g	Calcium	-	Vitamin B ₁₂	-
NSP	0.3846g	Phosphorus	-	Biotin (B ₇)	-
Sugars 2% RI	1.5g	Magnesium	-	Vitamin C	-
Glucose	-	Iron	-		
Galactose	-	Zinc	-	OTHER	
Fructose	-	Copper	-	GI (estimated)	0
Sucrose	-	Manganese	-	GL	-
Maltose	-	Selenium	-	Caffeine	-
Lactose	-	Iodine	-		

RECIPE INGREDIENTS ... QUANTITY: DESCRIPTION: METHOD:

Gluten Free Pasta Carbonara April 26.. unchanged
 GLUTEN FREE PASTA U **250g**

PORTIONS / PACK SIZES ...

1 Serving



250g / 294kcal

INGREDIENT LIST (QUID) ...

Gluten Free Pasta (100%) [Water, **Milk**, Gluten Free Pasta (Water, Wholemeal (**Wheat**) Rice, Yellow Corn, White Corn, Rice, Potato Starch, Emulsifier (Mono And Di Glycerides Of Vegetable Fatty Acids)), Cream (**Milk**), Cheese (Cheddar Cheese (**Milk**), Regato Cheese (**Milk**)), Ham (Pork, Salt, Spices, Dextrose, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite), Corn Flour, Vegetable Bouillon (Salt, Caster Sugar, Potato Starch, Yeast Extract, Carrot Powder, White Onion Powder, Garlic Powder, Ground Cumin, Acid (Citric Acid), Ground Black Pepper, Rubbed Parsley, Turmeric Powder), Rapeseed Oil, Butter (Cream (**Milk**), Salt), Garlic Powder, Black Pepper)]

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

COOKING INSTRUCTIONS & NOTES

INGREDIENTS

250g Gluten free pasta

METHOD

No Cooking Instructions