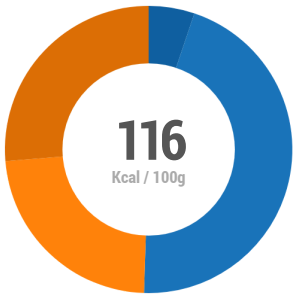
Pasta Carbonara (GF) Nov 2026

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%
of which saturates	**3.4** g	17%	**8.5** g	43%
Carbohydrate	**15** g	6%	**37** g	14%
of which sugars	**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:



Nutri-Score



HFSS Rating
(HFSS Restrictions apply)

8

NUTRIENT BREAKDOWN PER 100G...

ENERGY

Energy(kcal) **6% RI**	**116kcal**
Energy(Kj) **6% RI**	**487kJ**

MACRONUTRIENTS

Carbohydrate **6% RI**	**14.7g**
Protein	-
Fat **9% RI**	**6.4g**

LIPID COMPONENTS

Saturated Fat **17% RI**	**3.4g**
Monounsaturated fat	-
cis-Mono	-
Polyunsaturated fat	-
Omega3(n-3)	-
Omega6(n-6)	-
cis-Poly	-
Trans-fatty acids	-

VITAMINS

Vitamin A (ret eq)	-
Retinol	-
Carotene	-
Vitamin D	-
Vitamin E	-
Vitamin K_1	-
Thiamin (B_1)	-

Water	77g
Water from Drinks	0g
Alcohol	-

CARBOHYDRATE

Starch	13.2g
Oligosaccharide	-
Fibre **2% RI**	0.5g
NSP	0.3846g
Sugars **2% RI**	1.5g
Glucose	-
Galactose	-
Fructose	-
Sucrose	-
Maltose	-
Lactose	-

Cholesterol	-

MINERALS & TRACE ELEMENTS

Sodium **15% RI**	360mg
Potassium	-
Chloride **68% RI**	545mg
Calcium	-
Phosphorus	-
Magnesium	-
Iron	-
Zinc	-
Copper	-
Manganese	-
Selenium	-
Iodine	-

Riboflavin (B_2)	-
Niacin total (B_3)	-
Niacin	-
Tryptophan	-
Pantothenic Acid (B_5)	-
Vitamin B_6	-
Folates (B_9) Total	0ug
Vitamin B_{12}	-
Biotin (B_7)	-
Vitamin C	-

OTHER

GI (estimated)	0
GL	-
Caffeine	-

RECIPE INGREDIENTS ...

RECIPE INGREDIENTS ...		QUANTITY:	DESCRIPTION:	METHOD:
Gluten Free Pasta Carbonara May 26.. GLUTEN FREE PASTA	U	250g		*unchanged*

PORTIONS / PACK SIZES ...

1 Serving

250g / 294kcal

INGREDIENT LIST (QUID) ...

Gluten Free Pasta (100%) [Water, **Milk**, Gluten Free Pasta (Water, Whole Meal Rice, Yellow Corn, White Corn, Rice, Potato Starch, Emulsifier (Mono And Di Glycerides Of Vegetable Fatty Acids)), Cream (**Milk**), Cheese (Cheddar Cheese (**Milk**), Regatto Cheese (**Eggs**, **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