



Beef Lasagne

Layers of fresh pasta with a traditional bolognese sauce, tasty cheese, peas, carrots and cauliflower.



Ingredients

Beef Lasagne (54%) [Bolognese (Water, Chicken Broth, Beef, Crushed Tomato, Vegetable Stock, Texturised Vegetable Protein, Onion, Tomato Paste, Corn Flour, Sugar, Oregano, Salt, Beef and Chicken Booster, Garlic, Pepper), [Pasta Sheet (Durum Wheat, Water), Bechamel (Water, Roux {Flour, Unsalted Butter}], Onion Stock, Full Cream Milk Powder, Parmesan Cheese, Salt, Nutmeg, Pepper), Tomato Sauce [Tomato, Onion, Tapioca Starch, Water, Celery, Oil, Garlic, Basil, Salt, Pepper], Parmesan Cheese [Pasteurised Milk, Culture, Salt, Rennet (non-animal)], Carrots, Peas, Cauliflower. CONTAINS GLUTEN, DAIRY, SOY. MAY CONTAIN TRACES OF TREE NUTS AND FISH/CRUSTACEANS.

Nutritional Details

Nutritional Details	Regular Size 370g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1739kj (417Cal)	470kJ (113Cal)
Protein:	20g	5.4g
Fat, Total:	11.1g	3g
--Saturated:	5.6g	1.5g
Carbohydrates:	60.3g	16.3g
--Sugars:	9.2g	2.5g
Dietary Fibre:	5.2g	1.4g
Folate:	47.9ug (24% RDI)	12.9ug
Sodium:	577mg	156mg
Potassium:	377mg	102mg
Phosphorus:	130mg (13% RDI)	35mg

Disclaimer:

Nutrition analysis is prepared using our FOODWORKS© software system. Dinners carrying the Heart Friendly Tick have undergone laboratory testing and results for Saturated Fat, Trans Fat, Sodium, Energy, Protein and Fibre or Vegetable content are guaranteed to comply with the criteria. Clients and Health Professionals should use all other calculations as a guide only when recommending or choosing suitable

dinners.