



## Spaghetti with Beef and Tomato

Traditional spaghetti in a rich homemade Neopolitan sauce with prime beef, carrots, peas and cauliflower.



### Ingredients

Pasta (26%), Carrot, Beef (18%), Peas, Onion, Cauliflower, Tomato Paste (3.5%), Tomato (3.5%), Cheese, Tapioca, Water, Garlic, Oil, Salt, Basil, Oregano - Dried, Pepper. CONTAINS: GLUTEN, DAIRY.

### Nutritional Details

Nutritional Details	Regular Size 380g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1623kj (389Cal)	427kJ (102Cal)
Protein:	31.5g	8.3g
Fat, Total:	10.3g	2.7g
--Saturated:	4.9g	1.3g
Carbohydrates:	38.4g	10.1g
--Sugars:	8.7g	2.3g
Dietary Fibre:	6.5g	1.7g
Folate:	71.4ug (34% RDI)	18.8ug
Sodium:	722mg	190mg
Potassium:	733mg	193mg
Phosphorus:	334mg (33% RDI)	88mg

#### 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.