



Spinach & Ricotta Cannelloni

Delicate pasta tube filled with spinach and ricotta cheese topped with a tomato and basil sauce. Served with a cornmeal (polenta) cake, cauliflower, peas, beans and broccoli.



Ingredients

Canelloni (20%) (Ricotta Cheese (Whey, Solids (Non Fat), Cow Milk], Salt, Food Acid (260)), Preservative (202)), Pasta Sheets (Durum Wheat, Water), Breadcrumbs, Spinach, Salt, Vegetable Stock, Shallot, Garlic, Canola Oil, Pepper, Nutmeg, Pasta Sauce (Tomato, Onion, Tapioca Starch, Water, Celery, Oil, Garlic, Basil, Salt, Pepper), White Sauce (Canola Oil, Flour, Water, Skim Milk Powder, Salt, Pepper, Tapioca Starch), Polenta Cake (Water, Polenta, Olive Oil, Salt, Pepper, Parmesan Cheese), Cauliflower, Beans, Peas, Broccoli. CONTAINS: GLUTEN, MILK, CORN, NUT PRODUCTS. MAY CONTAIN TRACES OF TREE NUTS, TREE NUT PRODUCTS AND/OR CRUSTACEANS.

Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1424kj (341Cal)	356kJ (85Cal)
Protein:	14g	3.5g
Fat, Total:	14.4g	3.6g
--Saturated:	6g	1.5g
Carbohydrates:	34.8g	8.7g
--Sugars:	6.8g	1.7g
Dietary Fibre:	6.4g	1.6g
Folate:	62.4ug (31% RDI)	15.6ug
Sodium:	420mg	105mg
Potassium:	804mg	201mg
Phosphorus:	222mg (22% RDI)	55mg

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.