



Vegetable Lasagne

Roasted Mediterranean vegetables between layers of fresh pasta, topped with homemade tomato sauce and cheese, served with carrots, broccoli and cauliflower.



Ingredients

Lasagne (51%) [Lasagne Sheet (Durum Wheat, Water), Carrots, Zucchini, Eggplant, Béchamel Sauce (Water, Roux [Flour, Unsalted Butter], Onion Stock, Full Cream Milk Powder, Parmesan Cheese, Salt, Nutmeg, Pepper), Onion, Garlic, Salt, Vegetable Stock, Pepper], Pasta Sauce (Tomato, Onion, Celery, Olive Oil, Garlic, Basil, Salt, Pepper, Tapioca Starch, Water), Cauliflower, Broccoli, Carrots. CONTAINS GLUTEN, CONTAINS DAIRY. MAY CONTAIN TRACES OF TREE NUTS AND/OR CRUSTACEANS

Nutritional Details

Nutritional Details	Regular Size 395g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1213kj (291Cal)	307kJ (74Cal)
Protein:	13.4g	3.4g
Fat, Total:	3.2g	0.8g
--Saturated:	1.2g	0.3g
Carbohydrates:	45.8g	11.6g
--Sugars:	9.9g	2.5g
Dietary Fibre:	7.9g	2g
Folate:	66ug (33% RDI)	16.7ug
Sodium:	190mg	48mg
Potassium:	750mg	190mg
Phosphorus:	142mg (14% RDI)	36mg

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.