



Beef Lasagne

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

Pasta is a great source of carbohydrates, which is essential to fuel our brain and muscles.

Tomato based sauces are rich in antioxidants which have many functions including playing a role in cardiovascular health.



Ingredients

Lasagne (54%) [Water, Durum Wheat, Beef, Beef Stock, Crushed Tomato (Tomato, Tomato Juice, Food Acid (330)), Tomato Paste (Tomato, Salt), Textured Vegetable Protein (Hydrolyzed Vegetable Protein (Soy), Water), Onions, Vegetable Stock, Corn Flour, Full Cream Milk Powder, Margarine, Plain Flour, Sugar, Oregano, Salt, Carrot, Celery, Garlic, Pepper, Nutmeg, Cloves, Bay Leaves], Sauce [Tomatoes, Onions, Tapioca, Water, Celery, Olive Oil, Garlic, Basil, Salt, Pepper], Parmesan Cheese, Carrots, Peas, Cauliflower, Parsley. CONTAINS GLUTEN, WHEAT, MILK, SOY. MAY CONTAIN PEANUTS, TREE NUTS, TRACES OF EGG, FISH, CRUSTACEA. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/BONE FRAGMENTS.

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:	48.1ug (24% RDI)	13ug
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.