



## Beef Ravioli with Bolognese Sauce

A generous serve of traditional ravioli with a tasty beef and tomato sauce served with carrot batons and green beans.

Minced beef is rich in iron which essential for carrying oxygen throughout our body. Tomato based sauces are filled with the powerful anti-oxidant Lycopene which is essential for prostate health.



### Ingredients

Beef Ravioli & Sauce (75%) Ravioli (Durum Wheat Semolina, Beef, Breadcrumbs (Wheat), Parmesan Cheese (Milk), Carrots, Onions, Celery, Salt, Beef Booster, Pepper), Sauce (Crushed Tomatoes, Water, Beef, Onions, Texturised Vegetable Protein (Soy), Cornflour, Sugar, Salt, Vegetable Booster, Garlic, Pepper, Basil, Carrots, Oregano, Celery, Beef Booster), Green Beans, Carrots, Parsley. CONTAINS WHEAT, GLUTEN, MILK, SOY. MAY CONTAIN EGGS, PEANUTS, TREE NUTS, FISH, CRUSTACEA. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/BONE FRAGMENTS.

### Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1544kj (370Cal)	386kJ (93Cal)
Protein:	24.4g	6.1g
Fat, Total:	6.4g	1.6g
--Saturated:	2.4g	0.6g
Carbohydrates:	60g	15g
--Sugars:	7.6g	1.9g
Dietary Fibre:	8.4g	2.1g
Folate:	52ug (26% RDI)	13ug
Sodium:	936mg	234mg
Potassium:	620mg	155mg
Phosphorus:	404mg (40% RDI)	101mg

#### 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.