



Beef Tortellini with Boscaiola Sauce

Tasty beef tortellini with a creamy sauce of mushrooms and bacon, served with green beans and carrot rounds.

Mushrooms contain many vital vitamins and minerals such as niacin and other B vitamins. Since certain B vitamins are found in animal tissue and not plants, and most mushrooms have a high protein content, they are a good supplement for vegetarians.



Ingredients

Tortellini & Sauce (75%) (Tortellini [Durum Wheat Semolina, Water, Breadcrumbs, Beef, Carrot, Egg, Celery, Texturised Vegetable Protein (Soy), Beef Stock, Canola Oil, Cheese Powder, Salt, Pepper], Sauce [Water, Thickened Cream, Bacon, Mushroom, Full Cream Milk Powder, Margarine, Plain Flour, Shallot, Salt, Pepper, Vegetable Stock, Garlic, Onions, Clove, Bay Leaf, Parmesan Cheese, Nutmeg]), Beans, Carrots. CONTAINS WHEAT, GLUTEN, MILK, SOY, EGG. MAY CONTAIN CRUSTACEA, FISH, PEANUTS, TREE NUTS. 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:	1996kj (479Cal)	499kJ (120Cal)
Protein:	23.2g	5.8g
Fat, Total:	18g	4.5g
--Saturated:	11.6g	2.9g
Carbohydrates:	60g	15g
--Sugars:	9.2g	2.3g
Dietary Fibre:	9.2g	2.3g
Folate:	54ug (27% RDI)	13.5ug
Sodium:	768mg	192mg
Potassium:	360mg	90mg
Phosphorus:	285mg (29% RDI)	71mg

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.