



## *Cheese & Bacon Pasta*

Full of flavour, enjoy our penne pasta with cheese and bacon as a side dish or light meal. Pasta is a wonderful source of complex carbohydrates, releasing energy at a slow and sustained level, necessary for our brain and muscles to function.

### *Ingredients*

Penne Pasta (71%), Parmesan Cheese (7%), Bacon (5%), Milk Powder, Cheddar Cheese (4%), Plain Flour (Gluten), Margarine, Mozzarella Cheese (4%), Salt, White Pepper. CONTAINS WHEAT, GLUTEN, MILK. MAY CONTAIN PEANUTS, TREE NUTS AND/OR CRUSTACEA.

### *Nutritional Details*

	Regular Size 220g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	2750kJ (659Cal)	1250kJ (300Cal)
Protein:	28.4g	12.9g
Fat, Total:	19.4g	8.8g
--Saturated:	11g	5g
Carbohydrates:	91.3g	41.5g
--Sugars:	6.8g	3.1g
Dietary Fibre:	3.1g	1.4g
Sodium:	1280mg	582mg
Potassium:	136mg	62mg
Phosphorus:	253mg (25% RDI)	115mg

#### **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.