



## Spinach & Ricotta Cannelloni

Delicate pasta tube filled with spinach and ricotta cheese topped with a tomato and basil sauce. Served with a cornmeal (polenta) cake, cauliflower, peas, beans and broccoli.

Dark, leafy greens like spinach are important for skin, hair, and bone health. They also provide us with protein, iron, vitamins, and minerals. This vegetarian option is a heart pleaser as it is medically low in sodium and heart friendly.



### Ingredients

Cannelloni (20%) [Ricotta Cheese (Whey Solids, Water, Milk, Salt, Food Acid (260)), Durum Wheat, Breadcrumbs (Wheat Flour, Bakers Yeast, Iodised Salt, Water), Spinach, Sugar, Garlic, Salt, Vegetable Stock, Shallots, Nutmeg, Pepper], Polenta Cake [Cornmeal, Olive Oil, Cheese, Parmesan Cheese, Pepper, Salt], Tomato Sauce (Tomatoes, Onions, Tapioca, Water, Celery, Olive Oil, Garlic, Basil, Salt, Pepper), White Sauce [Water, Milk, Tapioca, Canola Oil, Gluten Free Flour, Stock Powder (Sea Salt, Maize Maltodextrin, Rice Flour, Sugar, Yeast Extract, Natural Vegetable Flavours, Dehydrated Vegetables, Disodium Guanylate and Inosinate, Canola Oil, Caramelised Sugar Syrup) Salt, Pepper], Beans, Broccoli, Cauliflower, Peas. CONTAINS WHEAT, GLUTEN, MILK. MAY CONTAIN SOY, EGG, PEANUTS, TREE NUTS, FISH, CRUSTACEA.

### Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1424kj (341Cal)	356kJ (85Cal)
Protein:	14g	3.5g
Fat, Total:	14.4g	3.6g
--Saturated:	6g	1.5g
Carbohydrates:	34.8g	8.7g
--Sugars:	6.8g	1.7g
Dietary Fibre:	6.4g	1.6g
Folate:	62.4ug (31% RDI)	15.6ug
Sodium:	444mg	111mg
Potassium:	760mg	190mg
Phosphorus:	222mg (22% RDI)	55mg

#### 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.