



Vegetable Lasagne

Roasted Mediterranean vegetables between layers of fresh pasta, served with carrots, broccoli and cauliflower.

Cauliflower is a member of the cruciferous vegetables family. It is often considered one of the healthiest foods due to the rich supply of health-promoting anti-oxidants. As a bonus it has a high level of anti-inflammatory compounds.



Ingredients

Lasagne (53%) [Mixed Vegetables (33%) (Spinach, Carrots, Onions, Potatoes, Green & Red Capsicum, Eggplant, Leek], Water, Crushed Tomatoes (Tomatoes, Salt, Vegetable Oil, Herbs, Spices, Garlic, Food Acid (330)), Lasagne Sheets (Durum Wheat, Semolina, Water), Cheese, Anti-Caking Agent (Tapioca Starch (460), Preservative (200)), Butter, Tomato Paste, Wheat Flour, Milk, Maize Starch, Canola Oil, Tasty Cheese, Sugar, Salt, Herbs (Oregano, Marjoram, Thyme, Sage), Basil, White Pepper, Dried Mint], Broccoli, Cauliflower, Carrots, Parsley. CONTAINS WHEAT, GLUTEN, MILK. MAY CONTAIN EGGS, PEANUTS, TREE NUTS, SOY, SESAME SEEDS & SULPHITES

Nutritional Details

Nutritional Details	Regular Size 380g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1315kJ (315Cal)	346kJ (83Cal)
Protein:	13.3g	3.5g
Fat, Total:	10.3g	2.7g
--Saturated:	5.3g	1.4g
Carbohydrates:	33.1g	8.7g
--Sugars:	11.8g	3.1g
Dietary Fibre:	8g	2.1g
Folate:	125.4ug (21% RDI)	33ug
Sodium:	612mg	161mg
Potassium:	825mg	217mg
Phosphorus:	304mg (30% RDI)	80mg

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.