



## Beef Lasagne

Layers of fresh pasta with a traditional bolognese sauce, tasty cheese, peas, carrots and cauliflower.

Pasta is a great source of carbohydrates, which is essential to fuel our brain and muscles.

Tomato based sauces are rich in antioxidants which have many functions including playing a role in cardiovascular health.



### Ingredients

Lasagne (54%) [Bolognese (Water, Chicken Broth, Beef, Tomatoes, Vegetable Stock [Carrots, Onions, Celery, Water], Texturized Vegetable Protein, Onions, Tomato Paste [Tomatoes, Salt], Corn Flour, Sugar, Oregano, Salt, Beef & Chicken Booster, Garlic, Pepper), Pasta Sheets (Durum Wheat, Water), Bechamel (Water, Roux {Flour, Butter}), Onion Stock [Water, Onions, Cloves], Full Cream Milk Powder, Parmesan Cheese, Salt, Nutmeg, Pepper], Sauce [Tomatoes, Onions, Cornflour, Water, Celery, Olive Oil, Garlic, Basil, Salt, Pepper], Parmesan Cheese, Carrots, Peas, Cauliflower, Parsley. CONTAINS GLUTEN, MILK & MILK PRODUCTS. MAY CONTAIN TRACES OF TREE NUTS AND FISH/CRUSTACEANS.

### Nutritional Details

Nutritional Details	Regular Size 370g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1739kJ (417Cal)	470kJ (113Cal)
Protein:	20g	5.4g
Fat, Total:	11.1g	3g
--Saturated:	5.6g	1.5g
Carbohydrates:	60.3g	16.3g
--Sugars:	9.2g	2.5g
Dietary Fibre:	5.2g	1.4g
Folate:	48.1ug (24% RDI)	13ug
Sodium:	577mg	156mg
Potassium:	377mg	102mg
Phosphorus:	130mg (13% RDI)	35mg

#### 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.