



Beef Ravioli with Bolognese Sauce

A generous serve of traditional ravioli with a tasty beef and tomato sauce served with carrot batons and green beans.

Minced beef is rich in iron which essential for carrying oxygen throughout our body. Tomato based sauces are filled with the powerful anti-oxidant Lycopene which is essential for prostate health.



Ingredients

Beef Ravioli (75%) (Durum **Wheat** Semolina, Beef, Breadcrumbs (**Wheat**), Parmesan Cheese (**Milk**), Carrots, Onions, Celery, Salt, Beef Booster, Pepper), Sauce (Crushed Tomatoes, Water, Beef, Onions, Texturized Vegetable Protein (**Soy**), Cornflour, Sugar, Salt, Vegetable Booster, Garlic, Pepper, Basil, Carrots, Oregano, Celery, Beef Booster), Beans, Carrots, Parsley.

CONTAINS GLUTEN, WHEAT, MILK, SOY. MAY CONTAIN CRUSTACEA, EGG, FISH, PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/ BONE FRAGMENTS.

Nutritional Details

	Regular Size 400g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	1544kj (370Cal)	386kJ (93Cal)
Protein:	24.4g	6.1g
Fat, Total:	6.4g	1.6g
--Saturated:	2.4g	0.6g
Carbohydrates:	60g	15g
--Sugars:	7.6g	1.9g
Dietary Fibre:	8.4g	2.1g
Folate:	52ug (26% RDI)	13ug
Sodium:	936mg	234mg
Potassium:	620mg	155mg
Phosphorus:	404mg (40% RDI)	101mg

Disclaimer:

Nutrition analysis is prepared using our FOODWORKS© software system. To ensure dietary requirements are met, all nutritional claims are supported and reviewed independently. Meals are portion controlled to assist with healthy weight management.