



Spaghetti with Beef and Tomato

Traditional spaghetti in a rich homemade Neopolitan sauce with prime beef, carrots, peas and cauliflower.

The combination of spaghetti and beef provides us with a healthy and nutritious meal. Beef provides us with protein, vitamin B12, niacin, vitamin B6, selenium, zinc and phosphorus. It is also a wonderful source for carbohydrates and folic acid thanks to the pasta content.



Ingredients

Beef & Tomato Sauce (39%) (Beef (41%), Onions, Tomatoes (5%), Tomato Paste (3%) (Concentrated Tomato, Salt), Carrots, Tapioca, Water, Garlic, Salt, Oil, Basil, Oregano, Pepper), Spaghetti (**Wheat**) (25%), Peas, Carrots, Cauliflower, Parmesan Cheese (**Milk**), Parsley.

CONTAINS GLUTEN, WHEAT, MILK. MAY CONTAIN 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 380g Per Serve | |
|---------------------|------------------------------|---------------------------|
| Nutritional Details | Average Quantity per Serving | Average Quantity per 100g |
| Energy: | 1528kj (366Cal) | 402kJ (96Cal) |
| Protein: | 29.6g | 7.8g |
| Fat, Total: | 8g | 2.1g |
| --Saturated: | 3.4g | 0.9g |
| Carbohydrates: | 38.8g | 10.2g |
| --Sugars: | 8.7g | 2.3g |
| Dietary Fibre: | 8.7g | 2.3g |
| Folate: | 69.9ug (35% RDI) | 18.4ug |
| Sodium: | 479mg | 126mg |
| Potassium: | 775mg | 204mg |
| Phosphorus: | 320mg (32% RDI) | 84mg |

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.