



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, Cornflour, Water, Garlic, Salt, Oil, Basil, Oregano, Pepper), Spaghetti (25%), Peas, Carrots, Cauliflower, Parmesan Cheese, Parsley. CONTAINS GLUTEN, MILK PRODUCTS.

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. 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.