



Spinach & Ricotta Cannelloni

Delicate pasta tube filled with spinach and ricotta cheese topped with a tomato and basil sauce. Served with a cornmeal (polenta) cake, cauliflower, peas, beans and broccoli.

Dark, leafy greens like spinach are important for skin, hair, and bone health. They also provide us with protein, iron, vitamins, and minerals. This vegetarian option is a heart pleaser as it is medically low in sodium and heart friendly.



Ingredients

Cannelloni (20%) [Ricotta (Whey Solids, Milk, Salt, Food Acid (260), Preservative (202)), Pasta Sheets (Durum Wheat, Water), Breadcrumbs, Spinach, Salt, Vegetable Stock (Carrots, Onions, Celery, Water), Shallots, Garlic, Canola Oil, Pepper, Nutmeg], Polenta Cake [Water, Polenta, Olive Oil, Parmesan Cheese, Salt, Pepper], Sauce [Tomatoes, Onions, Cornflour, Water, Celery, Olive Oil, Garlic, Basil, Salt, Pepper], White Sauce [Skim Milk Powder, Water, Flour, Oil, Cornflour, Salt, Pepper], Cauliflower, Beans, Peas, Broccoli. CONTAINS GLUTEN, MILK. MAY CONTAIN TRACES OF TREE NUTS, AND CRUSTACEANS.

Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1424kj (341Cal)	356kJ (85Cal)
Protein:	14g	3.5g
Fat, Total:	14.4g	3.6g
--Saturated:	6g	1.5g
Carbohydrates:	34.8g	8.7g
--Sugars:	6.8g	1.7g
Dietary Fibre:	6.4g	1.6g
Folate:	62.4ug (31% RDI)	15.6ug
Sodium:	444mg	111mg
Potassium:	760mg	190mg
Phosphorus:	222mg (22% RDI)	55mg

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.