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 Cheese (Whey Solids (**Milk**), Water, **Milk**, Salt, Food Acid (260)), Durum **Wheat**, Breadcrumbs (**Wheat** Flour, Bakers Yeast, Iodised Salt, Water), Spinach , Sugar, Garlic, Salt, Vegetable Stock, Shallots, Nutmeg, Pepper], Polenta Cake [Cornmeal, Olive Oil, Parmesan Cheese (**Milk**), Pepper, Salt], Tomato Sauce [Tomatoes, Onions, Tapioca, Water, Celery, Olive Oil, Garlic, Basil, Salt, Pepper], White Sauce [Water, **Milk**, Tapioca, Canola Oil, Gluten Free Flour, Stock Powder (Sea Salt, Maize Maltodextrin, Sugar, Rice Flour, Rice Flour, Natural Vegetable Flavour, Yeast Extract, Disodium Guanylate And Inosinate, Dehydrated Vegetables (Onion, Garlic), Canola Oil, Caramelised Sugar Syrup) Salt, Pepper], Beans, Broccoli, Cauliflower, Peas.
CONTAINS GLUTEN, WHEAT, MILK. MAY CONTAIN CRUSTACEA, EGG, FISH, SOY, PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT.

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. To ensure dietary requirements are met, all nutritional claims are supported and reviewed independently. Meals are portion controlled to assist with healthy weight management.