



## Vegetable Lasagne

Roasted Mediterranean vegetables between layers of fresh pasta, served with carrots, broccoli and cauliflower.

Cauliflower is a member of the cruciferous vegetables family. It is often considered one of the healthiest foods due to the rich supply of health-promoting anti-oxidants. As a bonus it has a high level of anti-inflammatory compounds.



### Ingredients

Lasagne (53%) [Mixed Vegetables (33%) (Spinach, Carrots, Onions, Potatoes, Green & Red Capsicum, Eggplant, Leek], Water, Crushed Tomatoes (Tomatoes, Salt, Vegetable Oil, Herbs, Spices, Garlic, Food Acid (330)), Lasagne Sheets (Durum Wheat, Semolina, Water), Cheese, Anti-Caking Agent (Tapioca Starch (460), Preservative (200)), Butter, Tomato Paste, Wheat Flour, Milk, Maize Starch, Canola Oil, Tasty Cheese, Sugar, Salt, Herbs (Oregano, Marjoram, Thyme, Sage), Basil, White Pepper, Dried Mint], Broccoli, Cauliflower, Carrots, Parsley. CONTAINS: GLUTEN, MILK & THEIR PRODUCTS. MAY CONTAIN TRACES OF EGGS, NUTS, SOY, SESAME SEEDS & SULPHITES

### Nutritional Details

| Nutritional Details | Regular Size 380g Per Serve  |                           |
|---------------------|------------------------------|---------------------------|
|                     | Average Quantity per Serving | Average Quantity per 100g |
| Energy:             | 1315kJ<br>(315Cal)           | 346kJ<br>(83Cal)          |
| Protein:            | 13.3g                        | 3.5g                      |
| Fat, Total:         | 10.3g                        | 2.7g                      |
| --Saturated:        | 5.3g                         | 1.4g                      |
| Carbohydrates:      | 33.1g                        | 8.7g                      |
| --Sugars:           | 11.8g                        | 3.1g                      |
| Dietary Fibre:      | 8g                           | 2.1g                      |
| Folate:             | 125.4ug (21% RDI)            | 33ug                      |
| Sodium:             | 612mg                        | 161mg                     |
| Potassium:          | 825mg                        | 217mg                     |
| Phosphorus:         | 304mg (30% RDI)              | 80mg                      |

#### 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.