



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 (**Milk**, Salt, Cultures), Anti-Caking Agent [Tapioca Starch (460), Preservative (200)], Butter (**Milk**), Tomato Paste, **Wheat** Flour, **Milk**, Maize Starch, Canola Oil, Tasty Cheese [**Milk**, Salt, Culture, Enzyme, Anti-Caking Agent], Sugar, Salt, Herbs [Oregano, Marjoram, Thyme, Sage], Basil, White Pepper, Dried Mint)), Broccoli, Carrots, Cauliflower, Parsley.

CONTAINS GLUTEN, WHEAT, MILK. MAY CONTAIN EGG, SOY, SESAME, PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT, SULPHITES.

Nutritional Details

Nutritional Details	Regular Size 380g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1315kJ (315Cal)	346kJ (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. To ensure dietary requirements are met, all nutritional claims are supported and reviewed independently. Meals are portion controlled to assist with healthy weight management.