



# EVERGREEN Disability Care



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## BEEF LASAGNE

PRICK & MICROWAVE  
FOR 9 MINUTES



### Ingredients

Meat Sauce (40%) (Beef (15%), Water, Tomato Paste, Onion, Thickener (1422, 1450), Carrot, Red Wine (Egg, Milk), Celery, Salt, Sugar, Garlic, Herbs, Yeast Extract, Spices, Acidity Regulator (330)), Mornay Sauce (39%) (Water, Milk Solids (Soy), Thickener (1422), Salt, Wheat Flour, Vegetable Oil, Inulin, Butter (Milk), Parmesan Cheese (Milk), Yeast Extract, Spices), Cooked Pasta (19%) (Wheat Semolina, Water), Topping (2%) (Cheddar Cheese (Milk) (2%), Paprika, Parsley)

### Nutrition

Serving Size: 375g

	Quantity per Serving	Quantity per 100g/100mL
Energy	Approx. 2120kJ	Approx. 566kJ
Protein	Approx. 19.1g	Approx. 5.1g
Fat, Total	Approx. 22.9g	Approx. 6.1g
-Saturated	Approx. 11.6g	Approx. 3.1g
Carbohydrate	Approx. 55.1g	Approx. 14.7g
-Sugars	Approx. 4.5g	Approx. 1.2g
Dietary Fibre	Approx. 1.9g	<1g
Sodium	Approx. 825mg	Approx. 220mg



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