





EVERGREEN Disability Care

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SPAGHETTI & MEATBALLS

**PRICK & MICROWAVE
FOR 7 MINUTES**



Ingredients

Napolitana Sauce (47%) (Water, Tomato Paste, Onion, White Wine (Milk, Egg), Thickener (1422), Vegetable Oil, Sugar, Garlic, Salt, Yeast Extract, Spices, Herbs), Cooked Spaghetti (35%) (Water, Wheat Semolina), Meatballs (17%) (Beef (8.5%), Water, Textured Vegetable Protein (Soy), Wheat Flour, Yeast Extract, Thickener (1442), Spices, Salt, Mineral Salt (451), Herbs), Parmesan Cheese (1%) (Milk).

Nutrition

Serving Size: 260g

	Quantity per Serving	Quantity per 100g/100mL
Energy	Approx. 1220kJ	Approx. 471kJ
Protein	Approx. 13.8g	Approx. 5.3g
Fat, Total	Approx. 10.7g	Approx. 4.1g
-Saturated	Approx. 3.9g	Approx. 1.5g
Carbohydrate	Approx. 39.4g	Approx. 13.6g
-Sugars	Approx. 5.2g	Approx. 2g
Dietary Fibre	5.46g	2.1g
Sodium	Approx. 426mg	Approx. 164mg

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