

**ASHDALE CATERING***The School Lunch People***Ashdale (Hot lunches) - Pasta / Spaghetti Bolognese**
(06/24)

By Niamh O'Connor from Cork Nutrition Consultancy

OVERVIEW ...

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WEIGHT:

12.7% Carbs

6.9% Protein

2.6% Fat

78% Water

FOOD LABELLING...

EU Label values per 100g

Serves **1**

	PER 100G	%RI	PER 213G SERVING	%RI
Energy(kJ)	430 kJ	5%	915 kJ	11%
Energy(kcal)	102 kcal	5%	217 kcal	11%
Fat	2.6 g	4%	5.6 g	8%
of which saturates	0.6 g	3%	1.3 g	7%
Carbohydrate	13 g	5%	27 g	10%
of which sugars	0.9 g	1%	1.9 g	2%
Fibre	0.6 g	2%	1.3 g	5%
Protein	6.8 g	14%	14 g	28%
Salt	0.64 g	11%	1.4 g	23%

CONTAINS:



WHEAT



SULPHITES

MAY CONTAIN:



EGG



LOW FAT



LOW SUGAR



LOW SATURATED FAT



HIGH IN PROTEIN

★ Protein contributes to the maintenance of muscle mass.

Nutri-Score



HFSS Rating

