



ASHDALE CATERING

The School Lunch People

Ashdale (Pasta Dishes) - Tomato Pasta with Meatballs (06/24)

By Niamh O'Connor from Cork Nutrition Consultancy

OVERVIEW ...

U / 11792364



WEIGHT:

9.4% Carbs

8.9% Protein

10.3% Fat

71% Water

FOOD LABELLING...

EU Label values per 100g

Serves **1**

	PER 100G	%RI	PER 100G SERVING	%RI
Energy(Kj)	690 kJ	8%	1345 kJ	16%
Energy(kcal)	165 kcal	8%	322 kcal	16%
Fat	10 g	14%	20 g	29%
of which saturates	3.8 g	19%	7.4 g	37%
Carbohydrate	9.3 g	4%	18 g	7%
of which sugars	1.5 g	2%	3 g	3%
Fibre	0.5 g	2%	0.9 g	4%
Protein	8.7 g	17%	17 g	34%
Salt	0.7 g	12%	1.4 g	23%

CONTAINS:



WHEAT



SOYA



EGG PROTEIN

MAY CONTAIN:



EGG



LOW SUGAR



SOURCE OF PROTEIN

* Protein contributes to the maintenance of muscle mass

Nutri-Score



HFSS Rating

3