

BEEF BOLOGNESE WITH LENTILS AND WHOLE WHEAT PASTA

Food Label values per 100g

	PER 100G	%RI	PER 241G SERVING	%RI
Energy(Kj)	523 kJ	6%	1258 kJ	15%
Energy(kcal)	124 kcal	6%	299 kcal	15%
Fat	2.6g	4%	6.2g	9%
of which saturates	0.2g	1%	0.4g	2%
Carbohydrate	17g	7%	41g	16%
of which sugars	2.3g	3%	5.5g	24%
Fibre	2.5g	10%	6 g	34%
Protein	7 g	14%	17g	8%
Salt	0.2g	3%	0.47 g	

Nutri-Score



CONTAINS:



WHEAT



CELERY

MAY CONTAIN:



EGGS



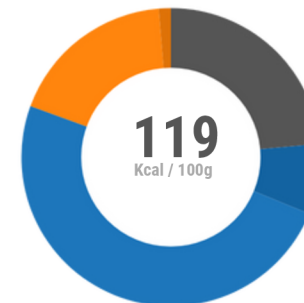
MUSTARD



SOYA



SULPHUR DIOXIDE &
SULPHITES



CALORIES:

57% Carbs

23.6% Protein

19.4% Fat

Bolognese (without pasta ingredientlist) Tomatoes (34.4%) [Tomatoes (60%), Tomato Juice, Acidity Regulator (Citric Acid)], Water (19.1%), Beef (19.1%), Carrot (5.7%), Onions (5.7%), **Celery** (3.8%), Peppers (3.8%), Lentils (3.1%), Tomato Paste (3.1%), Sunflower Oil (0.57%), Sunflower Oil (0.57%), Garlic (0.38%), Balsamic Vinegar (0.31%), Beef (0.19%) [Sea Salt , Beef Lard , Roasted Onion (Onion , Sunflower Oil) , Paprika , Parsnip , Onion , Garlic , Tomato , Colour (Caramel), Carrot , Rosemary , Bay Leaf , Pepper , Mushroom , Allspice , Coriander , Turmeric , Fennel , Fenugreek Seed , Cumin , Ginger , Paprika , Cinnamon , Chili (Organic)], Salt (0.11%), Black Pepper (0.04%) **ALLERGY ADVICE:** For allergens, see ingredients in **Bold**