

BEEF MEATBALLS

250 g

HEAT FROM FRESH: Leave plastic film on and heat for 20 minutes at 180C. Remove film and heat for a further 10 minutes to brown the top.
HEAT FROM FROZEN: Leave plastic film on and heat for 40 minutes at 160C. Remove film and heat for a further 10 minutes to brown the top.
MICROWAVE INSTRUCTIONS: If frozen defrost first then heat for 2-6 minutes on high power depending on the size of your dish.
MAKE SURE YOUR DISH IS THOROUGHLY HEATED, COOKING TIMES MAY VARY DEPENDING ON YOUR OVEN OR MICROWAVE.

Store in the freezer below -18°C

Store in the refrigerator below 4°C

Ingredients: TOMATO AND BASIL SAUCE [Crushed tomatoes [Crushed tomatoes, tomato puree, salt, citric acid], Onion, Carrot, Celery, Tomato Paste, Brown Sugar, Bakery Premix, Balsamic Vinegar(Wine Vinegar, concentrated grape must, dye, caramel E150d), Basil, Salt, Garlic, Pepper], Beef, Grated Cheese, Full Fat Milk, White Bread (Wheat flour, water, yeast, iodised salt, canola oil, soy flour, emulsifiers (471,481), acidity regulator (263)), Egg, Salt, Onion powder, Garlic, Thyme, Black Pepper.

Contains: Gluten (Wheat), Soy, Milk, Egg, Sulphites

May Contain: Sesame, Tree Nuts, Peanuts

NUTRITION INFORMATION

Servings per package: 1

Serving size: 250 g

	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	1160 kJ 265 Cal	463 kJ 106 Cal
Protein	30.9 g	12.4 g
Fat, total	11.1 g	4.5 g
- saturated	4.8 g	1.9 g
Carbohydrate	12.3 g	4.9 g
- sugars	9.4 g	3.7 g
Dietary Fibre	0.6 g	0.3 g
Sodium	1220 mg	489 mg

MYLK Food Store

95 Ford Road

Made in New Zealand from local and imported ingredients