

SPAGHETTI BOLOGNAISE WITH CHEESE

475 g

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, HEATING TIMES MAY VARY DEPENDING ON YOUR OVEN OR MICROWAVE.

Store in the freezer below -18°C

Store in the refrigerator below 4°C

Ingredients: Beef Bolognaise [Beef, Crushed tomatoes [Crushed tomatoes, tomato puree, salt, citric acid], Onion, Holly Bacon [pork, salt, sugar, phosphate, sodium erythorbate, sodium citrate, sodium nitrate, sodium carbonate, spice extract, ponceau 4R], Carrot, Tomato Paste, red cooking wine (red wine, salt, natural flavour, preservatives 202,220), Canola Oil, Salt, Garlic, Black Pepper], Water, Spaghetti (Durum wheat semolina, Water), Grated Cheese (Pasteurised cow's milk, salt, vegetarian rennet, dairycultures, anticaking agent(460,starch), preservative(200)) [Pasteurised cow's milk, salt, vegetarian rennet, dairycultures, anticaking agent(460,starch), preservative(200)].

Contains: Milk, Gluten (Wheat)

May Contain: Peanuts, Sesame, Tree Nuts, Egg, Soy

NUTRITION INFORMATION

Servings per package: 1

Serving size: 475 g

	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	2840 kJ 679 Cal	598 kJ 143 Cal
Protein	52.9 g	11.1 g
Fat, total	21.9 g	4.6 g
- saturated	9.6 g	2.0 g
Carbohydrate	64.6 g	13.6 g
- sugars	12.0 g	2.5 g
Dietary Fibre	1.8 g	0.4 g
Sodium	1240 mg	261 mg

MYLK Food Store

95 Ford Road

Made in New Zealand from local and imported ingredients