

PASTA KING Nutritional Values

Product Description	Nutritional value fer 100g										Allergens												Suitable					
	Energy		protein	carbohydrate	of which sugars	fat	of which saturates	fibre	Sodium	salt	Wheat Gluten	Oat Gluten	Rye Gluten	Barley Gluten	Soya	Milk	Eggs	Crustaceans	Fish	Celery	Mustard	Sesame Seeds	Sulphites	Lupin	Molluscs	Nuts such as almonds, hazelnuts, walnuts, pecan nuts, Brazil nuts, pistachio, cashew and macadamia	Vegetarians	Vegans
	kJ	kcal																										
Arrabiata	186	44	1.5	8.1	6.6	0.9	0.1	1.2	0.13	0.33																X	X	
Amigo Meatballs.	271	65	4.2	7.7	5.7	2.1	0.6	0.8	0.19	0.48	X																	
Bangers & Beans.	284	68	4.6	9.1	5.2	1.8	0.5	2.1	0.19	0.48	X																	
Basilico.	260	62	1.2	8.1	5.5	3.0	0.4	1.0	0.13	0.33																X	X	
BBQ Chicken Torino.	217	51	4.5	7.3	6.1	0.7	0.1	0.9	0.14	0.34		X																
BBQ Pulled Pork.	295	70	3.7	8.8	6.4	2.5	0.4	1.1	0.17	0.42		X																
BBQ Quorn.	235	56	3.4	8.9	6.5	1.3	0.2	2.3	0.15	0.36		X			X											X		
BBQ Sausage	351	84	2.5	9.0	7.7	3.8	1.1	1.6	0.19	0.47	X	X																
Bolognese	229	54	5.6	6.2	5.8	1.2	0.4	1.8	0.20	0.50	X																	
Carbonara.	379	91	4.8	6.2	2.9	5.2	2.9	0.3	0.30	0.74	X																	
Cheese Sauce	427	102	4.8	6.0	3.2	7.0	4.1	0.1	0.40	1.00	X				X			X							X			
Cheeseburger Sauce	424	102	5.0	5.6	2.7	6.6	4.0	0.5	0.27	0.68	X			X	X													
Chicken & Bacon	398	95	6.1	7.7	4.3	4.4	1.6	1.0	0.40	1.00	X			X														
Chicken Balti	227	54	3.4	7.9	6.3	1.2	0.2	1.1	0.22	0.55																		
Chicken Italiano	293	70	5.1	6.4	4.9	2.9	0.4	0.9	0.17	0.43																		
Creamy Chicken Korma	311	144	5.4	7.2	4.1	4.2	1.7	0.0	0.40	1.00	X			X			X											
Chicken Tikka	243	58	4.9	7.3	5.6	1.2	0.2	0.9	0.30	0.75																		
Chicken Tikka Masala	340	81	5.1	7.4	4.6	3.5	1.5	0.5	0.10	0.25	X			X														
Chilli Beef.	352	84	4.9	9.9	5.3	3.2	1.2	1.7	0.20	0.50	X																	
Chinese Chicken Curry.	423	101	5.2	7.6	1.6	5.8	0.6	1.0	0.32	0.81	X									X								
Chinese Veg Curry.	324	78	1.2	7.6	0.4	5.0	0.4	1.2	0.27	0.68	X								X						X	X		
Firecracker Chicken.	211	50	4.8	6.2	5.2	0.9	0.2	1.0		0.00																		
Hoi Sin Pork	295	70	6.4	8.7	7.8	1.4	0.3	1.3	0.17	0.43	X		X						X									
Italian Meatballs.	303	72	4.3	8.9	6.2	0.3	0.6	1.5	0.16	0.40	X																	
Italian Mushroom.	282	67	2.5	7.8	3.4	2.9	1.7	0.5	0.27	0.68	X			X											X	X		
Italian Chicken meatballs.	268	64	3.9	8.0	6.7	2.1	0.6	1.3	0.14	0.36	X		X						X									
Korean BBQ Chicken	288	68	5.0	10.3	7.7	1.0	0.2	0.9	0.20	0.50	X	X																
Mediterranean Pizza Sauce	204	48	1.5	8.4	7.0	1.2	0.2	1.0	0.13	0.33															X	X		
Pomodoro.	185	44	1.3	8.2	6.4	0.9	0.1	1.1	0.10	0.26															X	X		
Piri Piri Chicken	227	54	4.9	7.0	5.4	0.9	0.2	1.0	0.20	0.50								X										

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	kJ	kcal																											
Red Thai Curry.	422	100	4.9	9.6	6.1	4.6	2.8	1.0	0.50	0.670	X																		
Smokey Pepperoni	423	102	3.4	7.3	5.5	6.7	2.3	0.6	0.27	0.675																			
Spicy Sausage	315	75	2.7	8.3	5.9	3.6	1.0	1.0	0.2	0.500	X																		
Sweet Chilli Chicken	246	58	5.9	7.1	6.7	1.0	0.2	1.2	0.16	0.395																			
Sweet & Sour Chicken	284	67	3.9	10.9	9.6	1.1	0.2	0.9	0.15	0.365																			
Sweet and Sour Quorn	302	71	2.9	12.5	10.9	1.1	0.2	2.2	0.1	0.250																		X	
Texan BBQ Meatballs.	351	83	3.8	12.3	7.5	2.3	0.6	0.9	0.18	0.450	X		X																
Tomato & Mascarpone	365	87	1.4	6.9	5.4	5.8	2.4	0.9	0.2	0.500																		X	
Vegetable Balti.	229	55	2.1	10.3	5.4	1.2	0.2	2.9	0.18	0.460																		X	X
Vegetable Chilli.	265	63	5.6	9.4	5.0	1.1	0.4	3.4	0.000	X		X	X															X	
Veggie Bolognese	235	56	3.4	7.7	5.8	1.5	0.5	1.5	0.1	0.250	X		X	X													X	X	
Veggie Sausage	339	81	4.5	9.1	6.2	3.1	0.3	0.6	0.16	0.400	X		X	X													X		
Zingy Peppers	179	43	1.0	6.6	6.1	1.0	0.2	1.7	0.2	0.500																	X	X	

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Cooked Pasta (Spirals, Quills, Twists).	668	158	5.5	33.3	0.8	0.6	0.1	1.7	<3	<3	X																	X	X
Cooked Wholewheat Pasta	475	113	4.7	23.2	1.1	0.9	0.1	3.5	0	0.01	X																	X	X
Cooked rice.	516	121	2.3	27.7	<.01	0.2	0.1	<.05	<3	<3																		X	X
Cooked noodles	264	62	2.2	13.0	0.2	0.5	0.1	0.6	0.07	0.18	X																	X	X

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for:

Celiacs

X

X

22

X

X

X

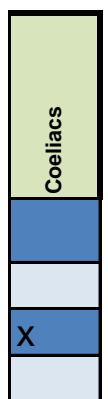
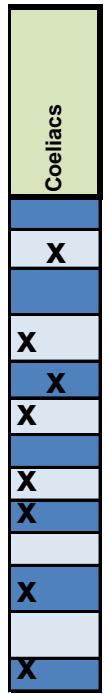
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