

PASTA KING Nutritional Values

Product Description	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	Vegetarians	Vegans	
	kJ	kcal																											
Red Thai Curry.	422	100	4.9	9.6	6.1	4.6	2.8	1.0	0.50	0.670	X					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										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												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	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	<0.05	<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:
Coeliacs
X
X
X
X
X
X
X
X
X

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Coeliacs
X
X
X
X
X
X
X
X

Coeliacs
X