

GLUTEN FREE VEGETABLE LASAGNE 2.3KG

Allied Chefs Product Code: GFVL

NUTRITIONAL INFORMATION		
Servings per package: 11.5		
Serving size: 200g		
	Average Quantity Per 200g Serve	Average Quantity Per 100g Serve
Energy	516kj	258kj
Protein	3.8g	1.9g
Fat, total - Saturated	4.0g 2.2g	2.0g 1.1g
Carbohydrate, total - Sugar	16.7g 8.1g	8.3g 4.0g
Sodium	806mg	403mg

Ingredient Declaration

Napolitana Sauce (13%) (tomatoes [acid (296), vegetable gum (415)], garlic, margarine, onion, salt, mineral salt (508), herbs & spices, sugar, modified maize starch (1422)),

Vegetables (43%) (zucchini, carrot, celery, pumpkin, spinach, mushroom, corn, onion),
Cheese Sauce (21%) (pasteurized cream, cheddar cheese, milk solids, thickener (1422), cheese flavour (milk, soy), salt, mineral salts (508), ground black pepper, chicken flavor)

Pasta (23%) (tapioca flour, rice flour, millet flour, polenta [corn (maize)], psyllium husk, xanthan gum (415), water)

This product contains milk and soy

This product is processed and packed on the same processing line as products containing gluten.

Heating Instructions

Frozen: Remove lid and place in preheated oven at 160°C for 80 minutes

Stand for 10 minutes

Thawed: Remove lid and place in preheated oven at 160°C for 40 minutes

Stand for 10 minutes

Heating instructions are a guide only. Please adjust to suit.