

GLUTEN FREE VEGETABLE LASAGNE 200GM

Allied Chefs Product Code: GFSSVL

NUTRITIONAL INFORMATION		
Servings per package: 1		
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 flavour)
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

Oven:

1. Preheat oven to 200°C
2. Remove lid and heat for approx. 35 mins (frozen) 15 mins (thawed)

Microwave:

1. Remove lid
2. Ensure foil tray does not touch oven walls
3. Heat 3 mins full power
4. Heat additional 7 mins (frozen) 3 mins (thawed) at 70% power
5. Stand for 2 mins and serve

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