

GLUTEN FREE MACARONI CHEESE 200GM

Allied Chefs Product Code: GFSSMC

NUTRITIONAL INFORMATION		
Servings per package: 1		
Serving size: 200g		
	Average Quantity Per 200g Serve	Average Quantity Per 100g Serve
Energy	898kj	449kj
Protein	11.3g	5.6g
Fat, total	9.9g	5.0g
- Saturated	6.3g	3.1g
Carbohydrate, total	19.9g	10.0g
- Sugar	4.2g	2.1g
Sodium	765mg	383mg

Ingredient Declaration

Pasta (68%) (tapioca flour, rice flour, millet flour, polenta [corn (maize)], psyllium husk, xanthan gum (415), water) **Cheese Sauce (32%)** (water, cheese flavour [milk, soy], cheddar cheese, milk solids, pasteurized cream, thickener (1422), salt, flavour (salt), mineral salts (508), ground black pepper),

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 180°C
2. Remove lid and heat for approx. 40 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 5 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.