

## GLUTEN FREE BEEF LASAGNE 220GM

Allied Chefs Product Code: GFSSBL

NUTRITIONAL INFORMATION		
Servings per package: 1		
Serving size: 220g		
	Average Quantity Per 220g Serve	Average Quantity Per 100g Serve
Energy	1106.6kj	503kj
Protein	6.8g	3.1g
Fat, total	18.5g	8.4g
- Saturated	8.4g	3.8g
Carbohydrate, total	17.4g	7.9g
- Sugar	5.7g	2.6g
Sodium	855.8mg	389mg

### Ingredient Declaration

**Bolognese Sauce (50%)** (tomatoes [food acid (296), vegetable gum (415)], beef mince, water, vegetables, modified maize starch (1422), sugar, herbs & spices, salt, flavour, mineral salts (508), **Cheese Sauce (27%)** (water, cheese flavour [milk, soy], cheddar cheese, milk solids, pasteurized cream, thickener (1422), salt, flavour (salt), mineral salts (508), ground black pepper), **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.