CEREAL LINGUINE WITH VEGETABLE SAUCE

INGREDIENTS

Linguine: water, 5 cereals pasta (durum WHEAT semolina, OAT flour, maize flour, BARLEY flour, DINKEL flour, water), extra virgin olive oil, salt. Vegetable sauce: tomato pulp (crushed tomatoes, tomato juice, acidity regulator: citric acid), zucchini, water, carrot, pepper, mushrooms, frozen diced onion, extra virgin olive oil, tomato paste, sugar, garlic, salt, corn flour, basil, black ground pepper.

ALLERGENS STATEMENT

The product contains: GLUTEN.

Preparation and heating instructions
For heating purposes pierce the plastic film in 4 spots and heat in a standard oven or microwave.

Following the heating time remove the plastic film. Temperature of the product should be at least 75°C/167°F throughout. The product is consumed warm at a temperature of 60°C/140°F.

oven 170°C HEATING TIME
Microwave oven
750watt
HEATING TIME

Standard

ENERGY 639kJ 152kcal	FAT 5.5g	of which SATURATES 0.8 g	CARBOHYDRATES 20.5g	of which SUGARS 1.8 g	PROTEINS 3.6 g	SALT 1.09g	
8*	8*	4*	8*	2*	7*	18*	

«% adult RI per 100g RI = Reference intake of an average adult (8400kj/2000 kcal)»



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