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 |
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| 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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