STUFFED AUBERGINES WITH ONIONS IN TOMATO SAUCE

(IMAM)

INGREDIENTS

Aubergines, onion, tomato, water, extra virgin olive oil, tomato pulp (crushed tomatoes, tomato juice, acidity regulator: citric acid), tomato paste, parsley, salt, garlic, sugar, black ground pepper, laurel leaves.





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.



170°C HEATING TIME







Microwave oven

750watt HEATING TIME



NUTRITION INFO PER 100g

ENERGY 341kJ 82kcal	FAT 4.9 g	of which SATURATES 0.7 g	CARBOHYDRATES 6.5 g	of which SUGARS 5.3 g	PROTEINS 1.3g	SALT 0.71 g
4*	7*	3*	2*	6*	3*	12*

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







