

Nutritional Values per 100g Meal Serving

A Typical Pasta Meal Serving of 200g is Recommended. A Typical Rice Meal Serving of 250g is Recommended

	Energy		fat	of which saturates	carbohydrate	of which sugars	fibre	protein	salt
	kJ	kcal							
Meat Sauces									
Amigo Meatballs with pasta	501	119	2.5	0.7	19.3	3.5	1.9	4.5	0.38
Bangers & Beans with pasta	511	121	2.1	0.6	20.5	3.1	2.1	4.5	0.38
BBQ Chicken Torino with pasta	468	111	0.9	0.2	19.8	4.2	1.8	5.3	0.35
BBQ Pulled Pork with pasta	521	116	1.9	0.3	19.8	3.8	1.7	4.8	0.41
BBQ Sausage with pasta	511	121	2.3	0.7	20.2	4.4	1.8	4.2	0.42
Bolognese with pasta	497	117	2.6	0.7	19.2	3.4	2.0	4.8	0.36
Carbonara with pasta	570	135	4.3	1.7	19.4	2.4	1.2	5.0	0.46
Cheeseburger with pasta	540	128	3.0	1.3	19.1	3.4	1.8	5.8	0.40
Chicken & Bacon with pasta	535	127	2.6	0.9	19.8	2.6	1.2	6.0	0.42
Chicken Balti with rice	447	106	0.8	0.2	22.6	2.4	1.4	2.9	0.31
Chicken Italiano with pasta	528	116	2.0	0.3	19.0	3.2	1.7	5.2	0.43
Chicken Tikka with pasta	456	108	0.9	0.2	19.7	3.5	2.0	3.9	0.35
Chicken Tikka Masala with rice	508	120	1.7	0.6	22.2	1.9	0.9	4.2	0.29
Chilli Beef with pasta	515	122	2.1	0.7	20.1	3.2	2.5	5.3	0.29
Chinese Chicken Curry with rice	546	129	2.9	0.3	22.3	1.7	1.0	4.1	0.35
Creamy Chicken Korma with rice	517	122	1.9	0.7	22.3	1.7	0.7	4.4	0.37
Firecracker Chicken with pasta	472	112	1.2	0.3	19.4	3.6	1.9	5.4	0.44
Italian Meatballs with pasta	507	120	2.6	0.7	19.5	3.5	2.1	4.4	0.36
Jerk Pork with pasta	537	120	2.5	0.5	19.6	3.7	1.7	4.7	0.40
Smoky Pepperoni with pasta	516	122	3.0	0.2	19.2	3.5	1.9	4.2	0.48
Sombrero Sausage with pasta	500	119	2.1	0.6	20.3	3.3	2.1	4.3	0.49
Spicy Sausage with pasta	498	118	2.0	0.7	19.6	3.5	1.9	4.2	0.42
Sweet Chilli Chicken with pasta	457	108	0.9	0.2	19.3	3.7	1.8	5.3	0.35
Sweet & Sour Chicken with rice	499	118	0.7	0.1	24.0	4.5	1.1	4.0	0.20
Texan BBQ Meatballs with rice	524	124	1.9	0.5	22.3	3.2	1.2	3.4	0.28

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	Energy		fat	of which saturates	carbohydrate	of which sugars	fibre	protein	salt
	kJ	kcal							
Vegetarian Sauces									
Arrabiata with pasta	425	100	0.9	0.2	19.3	3.6	1.9	3.9	0.30
Basilico with pasta	514	122	2.1	0.4	19.4	3.6	1.0	3.3	0.43
BBQ Quorn with pasta	459	108	1.0	0.2	19.9	4.2	2.4	4.4	0.36
Cheese Sauce with pasta	548	130	4.0	2.1	18.9	2.1	1.1	5.3	0.53
Chinese Veg Curry with rice	526	125	2.9	0.3	22.5	1.5	1.1	2.7	0.27
Italian Mushroom with pasta	492	116	2.2	0.8	20.0	2.6	1.4	4.1	0.41
Mediterranean Pizza Topping with pasta	434	103	1.0	0.2	19.4	3.8	2.0	3.5	0.31
Mediterranean Veg with pasta	507	111	2.2	0.3	19.3	3.3	1.8	3.3	0.43
Mixed Peppers (formally Peperonata) with pasta	417	98	0.9	0.2	18.9	3.3	1.9	3.4	0.25
Pomodoro with pasta	442	104	1.0	0.2	19.8	3.7	2.0	3.5	0.31
Quorn Korma with rice	510	121	1.9	0.7	22.3	1.7	1.2	3.6	0.37
Tomato & Mascarpone with pasta	567	125	3.5	1.3	19.4	3.4	1.7	3.5	0.41
Vegetable Balti with rice	468	111	0.9	0.2	22.6	2.4	1.4	2.9	0.31
Vegetable Chilli with pasta	501	118	1.7	0.4	20.8	3.2	2.5	4.9	0.31
Veggie Bolognese with pasta	447	112	1.7	0.4	19.5	3.6	2.2	4.4	0.33
Zingy Peppers with pasta	425	100	0.9	0.2	19.2	3.6	1.9	3.4	0.32

	Energy		fat	of which saturates	carbohydrate	of which sugars	fibre	protein	salt
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Fish Sauces									
Salmon Florentine with pasta	517	122	2.6	0.9	19.4	2.5	1.3	3.2	0.53
Tuna & Sweetcorn (formally Tuna Napoli) with pasta	465	110	1.0	0.5	19.7	3.2	1.9	5.0	0.31

Pasta King may make changes to the specification of the sauces shown as we are constantly improving and updating our sauce range.

These figures do not account for garnishes or further seasonings not added by Pasta King

Don't forget to check out our website for all the latest meal information on: www.pastaking.co.uk