

PASTA KING Nutritional Values

Product Description	Nutritional value per 100g										Allergens													Suitable for:													
	KJ	kcal	protein	carbohydrate	of which sugars	fat	of which saturates	fibre	Sodium	salt	Wheat Gluten	Oat Gluten	Rye Gluten	Barley Gluten	Soya	Milk	Eggs	Crustaceans	Fish	Celery	Mustard	Sesame Seeds	Sulphites	Lupin	Molluscs	Nuts such as almonds, hazelnuts, walnuts, pecan nuts, Brazil nuts, pistachio, cashew and macadamia	Vegetarians	Vegans	Coeliacs								
Arrabiata	186	44	1.5	8.1	6.6	0.9	0.1	1.2	0.13	0.33																											
Amigo Meatballs.	271	65	4.2	7.7	5.7	2.1	0.6	0.8	0.19	0.48	X																								X	X	X
Bangers & Beans.	284	68	4.6	9.1	5.2	1.8	0.5	2.1	0.19	0.48	X																										
Basilico.	261	63	1.2	8.1	5.8	3.1	0.4	1.3	0.14	0.34																									X	X	X
BBQ Chicken Torino.	217	51	4.5	7.3	6.1	0.7	0.1	0.9	0.14	0.34				X																							
BBQ Pulled Pork.	295	70	3.7	8.8	6.4	2.5	0.4	1.1	0.17	0.42				X																							
BBQ Quorn.	256	61	3.6	9.1	6.2	1.6	0.2	2.1	0.14	0.36				X		X																			X		
BBQ Sausage	351	84	2.5	9.0	7.7	3.8	1.1	1.6	0.19	0.47	X			X								X															
Bolognese	229	54	5.6	6.2	5.8	1.2	0.4	1.8	0.20	0.50	X																										
Carbonara.	412	99	4.3	6.2	2.7	6.3	3.7	0.5	0.28	0.70	X				X																						
Cheese Sauce	427	102	4.8	6.0	3.2	7.0	4.1	0.1	0.40	1.00	X				X						X															X	
Cheeseburger Sauce	360	86	7.4	7.5	5.1	3.3	1.4	1.7	0.23	0.59	X				X	X																					
Chicken & Bacon	383	92	5.0	5.1	2.8	5.7	3.3	0.5	0.26	0.65	X				X																						
Chicken Balti	227	54	3.4	7.9	6.3	1.2	0.2	1.1	0.22	0.55																											X
Chicken Italiano	293	70	5.1	6.4	4.9	2.9	0.4	0.9	0.17	0.43																											X
Creamy Chicken Korma	311	144	5.4	7.2	4.1	4.2	1.7	0.0	0.40	1.00	X				X						X																
Chicken Tikka	235	56	4.7	7.0	6.0	1.3	0.2	1.3	0.16	0.39																											X
Chicken Tikka Masala	300	72	5.1	7.4	6.1	3.1	1.4	0.6	0.22	0.55	X				X																						
Chilli Beef.	322	77	5.6	10.0	5.0	2.3	0.8	3.2	0.16	0.41	X																										
Chinese Chicken Curry.	423	101	5.2	7.6	1.6	5.8	0.6	1.0	0.32	0.81	X										X																
Chinese Veg Curry.	324	78	1.2	7.6	0.4	5.0	0.4	1.2	0.27	0.68	X										X																
Firecracker Chicken.	211	50	4.8	6.2	5.2	0.9	0.2	1.0	0.16	0.40																											X
Hoi Sin Pork	295	70	6.4	8.7	7.8	1.4	0.3	1.3	0.17	0.43	X				X							X															
Italian Meatballs.	303	72	4.3	8.9	6.2	2.5	0.6	1.5	0.16	0.40	X																										
Italian Mushroom.	282	67	2.5	7.8	3.4	2.9	1.7	0.5	0.27	0.68	X				X																						X
Korean BBQ Chicken	288	68	5.0	10.3	7.7	1.0	0.2	0.9	0.20	0.50	X			X	X					X																	
Mediterranean Pizza Sauce	204	48	1.5	8.4	7.0	1.2	0.2	1.0	0.13	0.33																											X
Pomodoro.	191	45	1.6	7.9	6.4	1.1	0.2	1.3	0.12	0.29																											X
Piri Piri Chicken	227	54	4.9	7.0	5.4	0.9	0.2	1.0	0.20	0.50												X															X

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	kJ	kcal																												
Red Thai Curry.	415	99	5.3	10.2	5.3	4.3	2.7	0.8	0.26	0.650	X					X														
Smokey Pepperoni	423	102	3.4	7.3	5.5	6.7	2.3	0.6	0.27	0.675																			X	
Spicy Sausage	315	75	2.7	8.3	5.9	3.6	1.0	1.0	0.2	0.500	X																			
Sweet Chilli Chicken	246	58	5.9	7.1	6.7	1.0	0.2	1.2	0.16	0.395																			X	
Sweet & Sour Chicken	284	67	3.9	10.9	9.6	1.1	0.2	0.9	0.15	0.365																			X	
Sweet and Sour Quorn	265	63	3.3	11.3	8.0	0.9	0.2	1.8	0.13	0.315						X											X		X	
Texan BBQ Meatballs.	351	83	3.8	12.3	7.5	2.3	0.6	0.9	0.18	0.450	X		X																	
Tomato & Mascarpone	317	76	1.3	7.7	5.6	4.7	1.1	1.1	0.15	0.368					X												X		X	
Vegetable Balti.	229	55	2.1	10.3	5.4	1.2	0.2	2.9	0.18	0.460																	X	X	X	
Vegetable Chilli.	265	63	5.6	9.4	5.0	1.1	0.4	3.4	0.12	0.290	X		X	X													X			
Veggie Bolognese	235	56	3.4	7.7	5.8	1.5	0.5	1.5	0.1	0.250	X		X	X													X	X	X	
Veggie Sausage	339	81	4.5	9.1	6.2	3.1	0.3	0.6	0.16	0.400	X		X	X													X			
Zingy Peppers	186	44	1.3	8.4	7.5	0.9	0.1	1.7	0.16	0.400												X					X	X	X	

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	kJ	kcal																											
Cooked Pasta (Spirals, Quills, Twists).	668	158	5.5	33.3	0.8	0.6	0.1	1.7	<3	<3	X																X	X	
Cooked Wholewheat Pasta	475	113	4.7	23.2	1.1	0.9	0.1	3.5	0	0.01	X																X	X	
Cooked rice.	516	121	2.3	27.7	<.01	0.2	0.1	<0.05	<3	<3																	X	X	X
Cooked noodles	264	62	2.2	13.0	0.2	0.5	0.1	0.6	0.07	0.18	X															X	X		

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