

PROCEEDS FROM THE SALE OF THIS PRODUCT ARE USED TO PROVIDE MEALS TO THE MOST VULNERABLE MEMBERS OF OUR COMMUNITY.

PASTA BOLOGNESE

RECIPE SUGGESTION:

Add a tin of mixed tomato and onion to increase volume and a fresh flavour. Extend with some extra cooked mince.

PREPARATION GUIDE:

~ MEAL FOR 4 ~

Cook all ingredients with approx. 6 cups (1.5 L) boiling water. Cook until the pasta is cooked to your liking.

STIR WHILE COOKING.

NUTRITIONAL INFO

TOTAL (g)
Serving / 100

Energy (kJ)	739	844
Protein (g)	11	12.2
Carbohydrates (g)	32	36.5
<i>of which total sugar (g)</i>	8	9.3
Total Fat	0.7	0.8
<i>of which total Saturated Fat</i>	0.2	0.2
Dietary Fibre (g)	2.9	3.4
Sodium (g)	0.2	0.2
Cholesterol (mg)	0.9	1
Potassium (mg)	47.6	54.4



INGREDIENTS:

Soy, Beans & Pulses,
Pasta, Flavourings,
Spices, Dehydrated
Vegetables.
Allergens: Soy, Gluten,
Egg.

PACKED AT THE GARDEN ROUTE FOOD PANTRY • GEORGE
WESTERN CAPE • 071 427 5638 • WWW.FOODSOCK.CO.ZA