

Dino Lasagne

Ingredients: Tomato [Tomato, Food Acid (Citric Acid)], **Milk**, Cooked Pasta (16%) (Durum **Wheat** Semolina, Water), Beef (13%), Carrot, Beetroot, Onion, Gouda Cheese (**Milk**), Unsalted Butter (**Milk**), **Wheat** Flour, Coconut Sugar, Olive Oil, Garlic, Dried Herbs (Thyme, Rosemary), Kelp, Salt, Pepper, Nutmeg, Worcestershire Sauce.

Contains milk & wheat.

May contain traces of egg.

NUTRITION INFORMATION		
Servings per Package:	1	
Serving Size:	180 g	
	Ave Quantity per Serving	Ave Quantity per 100g
Energy	787 kJ	437 kJ
Protein	10.0 g	5.6 g
Fat, total	8.5 g	4.7 g
- saturated	4.4 g	2.4 g
Carbohydrate	16.7 g	9.3 g
- sugars	7.2 g	4.0 g
Sodium	174 mg	97 mg
Potassium	385 mg	214 mg

Lasagne			
Spice mix			
Dried Thyme	30		
Dried Rosemary	10		
Kelp	20		
		60	
Red sauce			
Tomatoes	800		
Garlic	15		
Onion	100		
Carrot	250		
Beetroot	250		
Spice Mix	15		
Salt	2.5		
Coconut Sugar	45		
Water	100		
Oil	15		
		1592.5	
White Sauce			
Butter	100		
Flour	100		
Milk	1200		
Worcestershire	1.25		
Salt	5		
Pepper	2.5		
Nutmeg	2		
Cheese	150		
		1560.75	
Beef mince			
Beef Mince	250		
Water	50		
Brown mince, then add water			
Final meat sauce Meat sauce			
Beef mince	250		
Red sauce	750	1000	
Combine cooked mince, add red sauce and combine			
Final 180g serving			
Lasagne			
Meat sauce	110	0.61	
Pasta	30	0.17	
White sauce	40	0.22	
		180.00	

David Bayliss
Foodtech Applications Ltd