



Z236



Lasagne with vegetables

MIN

6'

COOKING TIME



300g ?

4 PLATES PER BOX

Ingredients (pasta)

Durum wheat semolina, water, eggs, salt.

Sauce ingredients

Vegetables 45% (asparagus, aubergines, carrots, courgettes, celery, onion, peas), mushrooms 4% (porcini mushrooms (boletus), meadow mushrooms, shiitake, oyster, pholiota), béchamel (whole milk, soft wheat flour, vegetable margarine, salt), Grana Padano DOP cheese, Edamer cheese, extra virgin olive oil, starch, salt. Grated Grana Padano DOP cheese as garnish.

Data Sheet

%

24

PERCENTAGE OF PASTA

%

76

PERCENTAGE OF SAUCE



Average nutritional values per 100 g

Energy kcal 140 – Energy kJ 586 – Proteins g 5,5 – Carbohydrates g 16,0 of which sugars g 1,6 – Fats g 5,4 of which saturated fats g 2,4 – Fibres g 2,8 – Sodium g 0,30 – Minerals g 1,6 – Salt g 0,76

Preparation

Microwave oven (750w): 6 min in a closed package and still frozen.