



● Z366



## Penne with arrabbiata sauce



5 ½'

COOKING TIME



350g ?

4 PLATES PER BOX

### Ingredients (pasta)

Durum wheat semolina, water, salt.

### Sauce ingredients

Tomato pulp 70%, pulped tomatoes 20%, extra virgin olive oil, sunflower oil, garlic, parsley, salt, sugar, spices, chili pepper.

### Data Sheet

%

50

PERCENTAGE OF PASTA

%

50

PERCENTAGE OF SAUCE



### Average nutritional values per 100 g

Energy kcal 158 – Energy kJ 665 – – Proteins g 4,0 – Carbohydrates g 26 of which sugars g 3,5 – Fats g 3,9 of which saturated fats g 0,6 of which trans fats g 0,01 – Fibres g 2,0 – Sodium g 0,31 – Cholesterol mg 0,0 – Vitamin A ?g 0,0 – Vitamin C ?g 2,3 – Calcium mg 18,2 – Iron mg 0,70 – Minerals g 1,4 -Salt g 0,79

### Preparation

Microwave oven (750w): 5 ½ min in a closed package and still frozen.