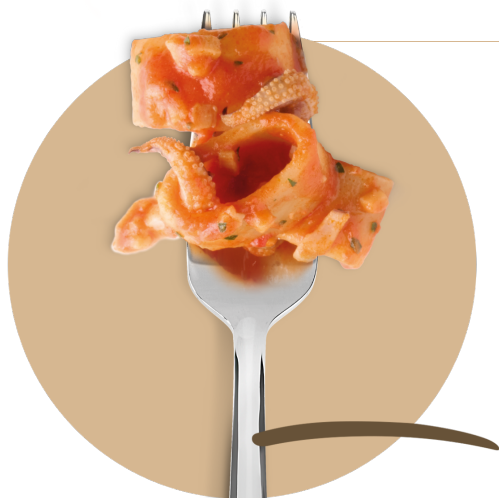




● Z372



Mezzi paccheri with cuttlefish sauce



5'30''

COOKING TIME



350g e

PIATTO

Ingredients (pasta)

Precooked durum wheat semolina pasta ingredients: durum wheat semolina pasta 51% (durum wheat semolina, water), water.

Sauce ingredients

Sauce ingredients 57%: **cuttlefish** 23%, pulped tomatoes 21%, tomato pulp 16%, broth (**cod fish, squid, clam**), **squid**, sunflower oil, wine, extra-virgin olive oil, shallot, **wheat** starch, salt, garlic, sugar, parsley, pepper, chili pepper.

It may contain: **mustard, soy**.

Data Sheet

%

43

PERCENTAGE OF PASTA

%

57

PERCENTAGE OF SAUCE



Average nutritional values ??per 100 g

Energy kcal 133; Energy kJ 557; Proteins g 5.7; Carbohydrates 16.3 g, of which sugars 1.7 g; Fat 4.7 g, of which saturated fatty acids 0.6 g; Fibers g 1.1; Salt 1.09 g.

Preparazione

Microwave oven (750w):**5? 30''** with the dish closed and frozen.