



● Z358



Spaghetti with seafood



5'

COOKING TIME



1,32Kg e

Ingredients (pasta)

Durum wheat semolina, water, salt.

Sauce ingredients

Tomato pulp, pulped tomatoes, squid 24%, pink shrimps 6%, clams 4%, white fish 8%, fish broth, sunflower oil, wine, parsley, salt, shallot, garlic, chilli pepper, sugar.

Average nutritional values per 100 g

Energy kJ 570 – Energy kcal 135 – Fats g 2,6 of which saturated fats g 0,5 – Carbohydrates g 21,1 of which sugars g 2,1 – Fibres g 0,6 – Proteins g 6,5 – Salt g 1,13

Preparation

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

Data Sheet

%

51

PERCENTAGE OF PASTA

%

49

PERCENTAGE OF SAUCE

