

Spaghetti Pasta

Allergens - **Gluten**

Ingredients

Quantity	Ingredient
1Kg	Spaghetti (Primary) (contains Wheat)
3g	Salt



Method

1. Cook as per the manufacturer's instructions.

Nutritional Content per 100g portion

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 175.5	= 0.6	= 0.2	= 1.5	= 0	= 36.

Portion size - Primary - 100g