

Penne Pasta (Quills)

Allergens – **Gluten**

Ingredients

| Quantity | Ingredient |
|----------|------------------------------------------------|
| 1 kg | Penne Pasta (contains Wheat) |
| 3 g | Cooking Salt |



Method

1. Cook as per the manufacturer's instructions.

Nutritional Content per 100g

| Energy (kcal) | Fat (g) | Saturated Fats (g) | Sugar (g) | Salt (g) | Carbs (g) |
|---------------|---------|--------------------|-----------|----------|-----------|
| = 175 | = 0.6 | = 0.2 | = 1.5 | = 0.2 | = 36. |

Portion size - Primary - 100g