

# Pasta Shapes

Allergens – **Gluten**

## Ingredients

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Quantity	Ingredient
1Kg	<b>Pasta Shapes</b> (contains <b>Wheat</b> )
3g	Salt



## Method

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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