

Product Ingredient Listing Report

Manufacturer: Mario's Pastizzi

Product: Ricotta Spinach Ravioli

Size: 500g

Ingredients List

Semolina [**Wheat Flour**], Ricotta (19%) [Pasteurised **Milk**, Whey, Salt, None animal Rennet, Food Acid (260, 270), Starter Culture], **Flour** [**Wheat Flour**, Thiamine, Folic Acid], Spinach (10%), Water, **Egg**, Thickener (1422)

Allergen Listing:

"This product contains the following allergens:

Gluten, Egg, Dairy

May contain Traces: Nuts

Barcode



NUTRITION INFORMATION

Servings per package: 2

Serving size: 250g

	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE* PER SERVING	AVERAGE QUANTITY PER 100G
Energy	1690 kJ	19%	674 kJ
Protein	17.0 g	34%	6.8 g
Fat, Total	11.3 g	16%	4.5 g
- saturated	7.3 g	30%	2.9 g
- trans	0.5 g		0.2 g
-polyunsaturated	0.8 g		0.3 g
-monounsaturated	2.8 g		1.1 g
Carbohydrate	55.8 g	18%	22.3 g
- sugars	3.5 g	4%	1.4 g
Dietary Fibre, Total	4.0 g	13%	1.6 g
Sodium	275 mg	12%	110 mg

***Percentage Daily Intakes are based on an average adult diet of 8700kJ. Your daily intakes may be higher or lower depending on your energy needs.**

This ingredient listing is calculated using the recipe supplied as being a typical example of the product.

It should be revised if the recipe is altered or if ingredients actual composition is known to be different from typical.

Craig Andrew-Kabilafkas
BSc MBA FAIFST MASM MEHA
17 May 2020