

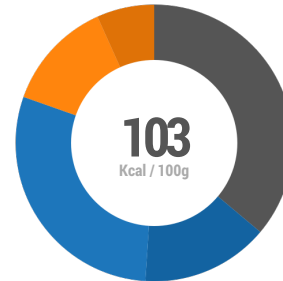
Spaghetti Bolognese

By Lisa Treacy from My Life Health and Fitness



Overview ...

U / 2400425



WEIGHT:

44.3% Carbs

36.1% Protein

19.6% Fat

Food Labelling...

EU Label values per 100g

Serves **4**

	PER 100G	%RI	PER 413G SERVING	%RI
Energy(Kj)	475 kJ	6%	1962 kJ	23%
Energy(Kcal)	113 kcal	6%	466 kcal	23%
Fat	2.2 g	3%	9.2 g	13%
of which saturates	0.8 g	4%	3.2 g	16%
Carbohydrate	12 g	5%	49 g	19%
of which sugars	3.8 g	4%	16 g	18%
Fibre	2.7 g	11%	11 g	44%
Protein	9.6 g	19%	40 g	80%
Salt	0.09 g	2%	0.37 g	6%

CONTAINS:



WHEAT



CELERY

MAY CONTAIN:



EGGS

Nutrient Breakdown per 100g...

Energy	Lipid Components	Vitamins
Energy(Kcal) 5% RI	Saturated Fat 4% RI	Vitamin A (ret eq) 6% RI
Energy(Kj) 5% RI	Monounsaturated fat 3% RI	Retinol
103kcal	cis-Mono	Carotene
433kJ	Polyunsaturated fat 2% RI	Vitamin D 2% RI
Macronutrients	Omega3(n-3) 1% RI	Vitamin E 8% RI
Carbohydrate 4% RI	Omega6(n-6) 1% RI	Vitamin K 5% RI
Protein 19% RI	cis-Poly	Thiamin (B ₁) 13% RI
Fat 3% RI	Trans-fatty acids	Riboflavin (B ₂) 8% RI
Water	Cholesterol	Niacin total (B ₃) 34% RI
Water from Drinks	Minerals & trace elements	Niacin 19% RI
Alcohol (0% ABV)	Sodium 1% RI	Tryptophan
0g	Potassium 16% RI	Pantothenic Acid (B ₅) 10% RI
0g	Chloride 15% RI	Vitamin B ₆ 15% RI
Carbohydrate	Calcium 3% RI	Folates (B ₉) Total 11% RI
Starch	Phosphorus 18% RI	Vitamin B ₁₂ 17% RI
Oligosaccharide	Magnesium 7% RI	Biotin (B ₇) 6% RI
Fibre 11% RI	Iron 9% RI	Vitamin C 18% RI
NSP	Zinc 19% RI	
Sugars 4% RI	Copper 17% RI	
Glucose		
Galactose		
Fructose		

Sucrose
Maltose
Lactose

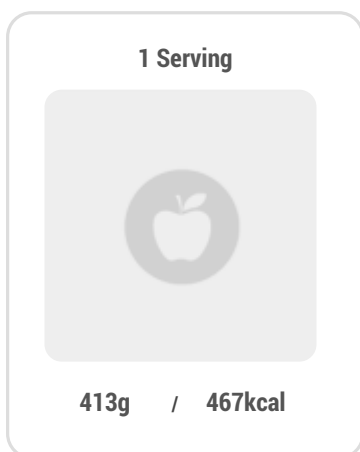
0.38g Manganese 21% RI
0.3g Selenium 12% RI
0g Iodine 4% RI

0.43mg
6.8ug
5.6ug

Other	
GI (estimated)	43
GL	4.8
Caffeine	-

Recipe Ingredients ...	Quantity:	Description:
Oil, olive	8.4g	2x teaspoon
Garlic, raw	6g	2x Average Portion
Onions, raw	240g	1x large
Celery, raw	180g	2x NHS Serving
Beef, mince, raw, extra lean	500g	5x Small
Tomatoes, canned, whole contents	800g	2x can
Mushrooms, white, raw	250g	3.6x cup, pieces
Peppers, capsicum, red, raw	160g	1x medium pepper
Pepper, cayenne, ground	1.8g	1x teaspoon
Oregano, dried, ground	3.6g	2x teaspoon
Pepper, black	2.3g	1x level teaspoon
Courgette, raw	80g	1x Medium portion / NHS Serving
Pasta, wholewheat, spaghetti, dried, raw	200g	3.3x Small portion

Portions / Pack Sizes ...



Ingredient List (QUID) ...

Tomatoes (48.4%), Extra lean beef (30.2%), Mushrooms (15.1%), Onions (14.5%), Wholewheat pasta (12.1%) (**Wheat**), **Celery** (10.9%), Red peppers (9.7%), Courgettes (4.8%), Olive Oil (0.51%), Garlic (0.36%), Dried oregano (0.22%), Black pepper (0.14%), Cayenne pepper (0.11%)

Cooking Instructions & Notes

- 1) Heat oil in a large frying pan or saucepan over medium heat and add onion, garlic and celery. Sautee until slightly softened.
- 2) Add mince and cook, stirring regularly until brown.
- 3) Add mushrooms until lightly softened. Then stir through tomatoes, and capsicum.
- 4) Sprinkle with herbs, salt and pepper to taste, and simmer for 10 minutes until all vegetables are soft.
- 5) Meanwhile cook dried spaghetti as per packet instructions. Drain.
- 6) Place zucchini noodles in a colander and boil the kettle. Pour boiling water over the zucchini to soften and stir through cooked spaghetti.
- 7) Serve and enjoy!