

Spaghetti Bolognese in powder
Instant high protein mix supplement, rich in fiber.

Weight of 1 sachet/one portion: 44 g

Total weight: 308 g (7 sachets)

Ingredients: Soy proteins; noodles (23,8%); dehydrated onion (7%); sugar; tomato powder (6,8%); starch; sunflower oil; salt; flavor; pea fibers; dehydrated mushroom (0,46%); garlic powder; colors: caramel, curcuma; correcting acidity agent: citric acid; fines herbs; spices.

Allergens: Soy, gluten and eggs. Manufactured on equipment that processes celery, milk and sulfites.

Instructions for preparation: Empty content of one packet into a small saucepan (or into a microwave safe bowl). Add 170 ml (2/3 cup) boiling water. Bring to boil and simmer 5 to 10 minutes (or microwave on high for 2 or 3 minutes, stirring occasionally) (Cooking guidelines may vary depending on the microwave). Remove from heat (or take off the microwave) and let stand for 2 or 3 minutes. Consume in the 10 followings minutes.

Caution: Because of content of gluten the product is not suitable for people on gluten-free diet. Do not use as sole source of nutrition. Drink plenty of liquid (1,5 l per day at least). Not suitable for children, pregnant and breast-feeding women. If consumed as part of energy restricted diet, follow recommen-

dations of an expert for nutrition. Do not exceed recommended daily allowance.

Lot number, shelf life: Stated on a sachet

Storage: Store in the original container in a cool and dry place. Make sure that the bag or container is properly closed.

Made in France.

AVERAGE NUTRITION VALUES

Energy values	100 g	1 portion - 44 g
kJ	1609	703
kcal	380	166
Nutrition facts		
Fat (g)	5,8	2,55
of which saturated fatty acids (g)	1,25	0,55
Carbohydrates (g)	42,4	18,7
of which sugars (g)	12,0	5,6
of which starch (g)	30,4	13,1
Fibers (g)	11,6	5,1
Proteins (g)	28,0	12,0
Salt (g)	4,21	1,85