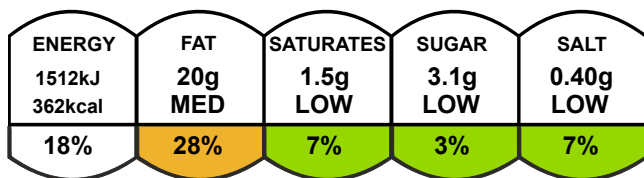


King Prawn Linguine

Graphics

per serving (270g)



of your reference intake
Typical values per 100g: Energy 560kJ/134kcal

Typical values	per 100g	per 270g serving
Energy	560kJ 134kcal	1512kJ 362kcal
Fat	7.2g	20g
of which saturates	0.5g	1.5g
Carbohydrate	11g	30g
of which sugars	1.2g	3.1g
Protein	6.5g	18g
Salt	0.15g	0.40g

Ingredients and Allergens

Pasta (**Wheat**), Tomatoes, King Prawns (**Crustaceans**), Broccoli, Blended Vegetable Oil, Parsley, Garlic, Oregano, Basil.
Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

26.5%	71.5g	Pasta, white, dried, boiled in unsalted water
24.6%	66.5g	Tomatoes, cherry, raw
24%	64.8g	Prawns, king, raw
16.6%	44.9g	Broccoli, stalks, raw
6.65%	18g	Oil, vegetable, average
1.22%	3.29g	Parsley, fresh
0.248%	0.668g	Garlic, raw
0.063%	0.17g	Oregano, dried, ground
0.063%	0.17g	Basil, dried, ground

Nutrients

per 100g per 270 g serving

Energy	560.0kJ	1512.0kJ
Energy	133.9kcal	361.6kcal
Fat	7.2g	19.5g
of which saturates	0.5g	1.5g
Fatty Acids	4.0g	10.8g
Monounsaturated		
Fatty Acids	2.2g	5.8g
Polyunsaturated		
Trans Fatty Acids	trace	trace
Carbohydrate	11.2g	30.2g
of which sugars	1.2g	3.1g
Added Sugar	0.0g	0.0g
Fibre	1.1g	2.9g
Protein	6.5g	17.6g
Salt	0.15g	0.40g
Sodium	57.8mg	156.1mg
Vitamin A IU	161.9IU	437.1IU
Vitamin A RAE	31.9µg	86.2µg
Carotene	171.4µg	462.9µg
Alpha Carotene	trace	trace
Beta Carotene	114.1µg	307.9µg
Retinol	trace	trace
Beta Cryptoxanthin	0.0µg	0.0µg
Thiamin	0.0mg	0.1mg
Riboflavin	0.0mg	0.1mg
Niacin	1.9mg	5.1mg
Pantothenic Acid	0.3mg	0.8mg
Vitamin B6	0.1mg	0.2mg
Folic Acid	0.0µg	0.0µg
Dietary Folate	11.8µg	31.9µg
Equivalents		
Food Folate	11.8µg	31.9µg
Folate	25.0µg	67.4µg
Vitamin B12	0.3µg	0.8µg
Vitamin C	21.6mg	58.2mg
Vitamin D IU	trace	trace
Vitamin D MCG	trace	trace
Vitamin E	2.2mg	5.9mg
Biotin	1.5µg	4.1µg
Vitamin K	14.2µg	38.2µg
Calcium	29.0mg	78.3mg
Chloride	101.0mg	272.6mg
Choline	0.0µg	0.0µg
Copper	0.1mg	0.3mg
Iodine	1.7µg	4.6µg
Iron	0.8mg	2.1mg
Magnesium	20.7mg	55.9mg
Manganese	0.2mg	0.5mg
Nitrogen	1.0g	2.7g
Phosphorus	80.7mg	218.0mg
Potassium	195.7mg	528.5mg
Selenium	11.6µg	31.3µg
Tryptophan/60	1.2mg	3.3mg
Zinc	0.6mg	1.6mg
Ash	0.2g	0.4g
Cholesterol	36.0mg	97.3mg
Lutein Zeaxanthin	28.8µg	77.8µg

Lycopene	0.0µg	0.0µg
Starch	8.7g	23.6g
Water	73.1g	197.3g

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