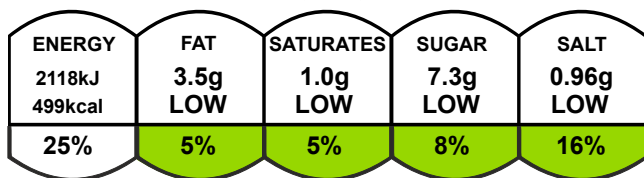


# Turkey Bolognese

## Graphics

per serving (580g)



of your reference intake  
Typical values per 100g: Energy 365kJ/86kcal

Typical values	per 100g	per 580g serving
Energy	365kJ 86kcal	2118kJ 499kcal
Fat	0.6g	3.5g
of which saturates	0.2g	1.0g
Carbohydrate	13g	75g
of which sugars	1.3g	7.3g
Protein	7.2g	42g
Salt	0.17g	0.96g

## Ingredients and Allergens

Cooked Rice, Tomatoes, Turkey, Onion, Carrots, **Celery**, Garlic, Salt, Ground Black Pepper, Basil, Oregano.

Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

34.6%	200.8g	Rice, white, long grain, easy cook, boiled in unsalted water
27.7%	160.6g	Tomatoes, standard, raw
26%	150.6g	Turkey, meat, average, raw
5.54%	32.1g	Onions, raw
4.5%	26.1g	Carrots, raw
1.38%	8.03g	Celery, raw
0.138%	0.803g	Garlic, raw
0.104%	0.602g	Salt
0.017%	0.1g	Black Pepper Coarse Ground
0.017%	0.1g	Basil, dried, ground
0.017%	0.1g	Oregano, dried, ground

## Nutrients

per 100g per 580 g serving

Energy	365.2kJ	2118.4kJ
Energy	86.1kcal	499.2kcal
Fat	0.6g	3.5g
of which saturates	0.2g	1.0g
Fatty Acids	0.2g	1.2g
Monounsaturated		
Fatty Acids	0.2g	1.0g
Polyunsaturated		
Trans Fatty Acids	trace	trace
Carbohydrate	13.0g	75.5g
of which sugars	1.3g	7.3g
Added Sugar	0.0g	0.0g
Fibre	0.8g	4.5g
Protein	7.2g	41.6g
Salt	0.17g	0.96g
Sodium	65.3mg	378.6mg
Vitamin A IU	806.5IU	4677.9IU
Vitamin A RAE	53.9µg	312.9µg
Carotene	98.5µg	571.4µg
Alpha Carotene	156.5µg	907.6µg
Beta Carotene	465.9µg	2701.9µg
Retinol	trace	trace
Beta Cryptoxanthin	0.0µg	0.0µg
Thiamin	0.1mg	0.3mg
Riboflavin	0.1mg	0.4mg
Niacin	4.0mg	23.0mg
Pantothenic Acid	0.3mg	1.8mg
Vitamin B6	0.2mg	1.2mg
Folic Acid	0.0µg	0.0µg
Dietary Folate	1.9µg	11.1µg
Equivalents		
Food Folate	1.9µg	11.1µg
Folate	15.0µg	87.2µg
Vitamin B12	0.5µg	3.0µg
Vitamin C	6.9mg	40.0mg
Vitamin D IU	3.1IU	18.1IU
Vitamin D MCG	0.1µg	0.5µg
Vitamin E	0.2mg	1.1mg
Biotin	1.0µg	6.1µg
Vitamin K	2.3µg	13.6µg
Calcium	14.5mg	84.2mg
Chloride	131.9mg	764.9mg
Choline	0.7µg	4.3µg
Copper	0.0mg	0.3mg
Iodine	2.2µg	12.5µg
Iron	0.3mg	1.7mg
Magnesium	12.6mg	72.8mg
Manganese	0.1mg	0.8mg
Nitrogen	1.1g	6.6g
Phosphorus	80.6mg	467.3mg
Potassium	185.2mg	1074.1mg
Selenium	5.9µg	34.1µg
Tryptophan/60	1.4mg	8.2mg
Zinc	0.6mg	3.8mg
Ash	0.1g	0.4g
Cholesterol	18.2mg	105.4mg
Lutein Zeaxanthin	41.7µg	241.6µg
Lycopene	149.5µg	861.7µg

Lycopene	140.5µg	814.7µg
Starch	10.9g	63.4g
Water	79.3g	459.8g

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