

# Wholemeal Beef Lasagne MP1

Canonical:

<https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/wholemeal-beef-lasagne-mp1/>

## Description:

With all the familiar flavours of beef and vegetable ragu and layers of pasta with a creamy sauce, our Dietitians and Chefs have recreated this classic favourite, keeping the carbs low and the protein high. Good source of dietary fibre High in protein Less than 500mg sodium per serve. Contains 4-12 different vegetables Low in saturated fat Contains no artificial colours and flavours Chilli rating: 0 Heating & Storage Instructions Nutrition INGREDIENTS: Diced Tomato (Tomato, Citric Acid), Beef Mince (22%), Wholemeal Pasta Sheets (10%), Broccoli, Zucchini, Carrot, Onion, Tomato Paste, Parmesan Cheese, Ricotta, Olive Oil, Beef Stock, Light Milk, Garlic, Pink Salt, Dried Basil Leaves, Mixed Herbs, Corn Starch, Pepper. Contains: Wheat, Gluten, MilkMay Contain: Fish, Soybeans, Crustacea, Sesame Seeds, Peanuts, Egg, Tree Nuts, Lupin