

Wholemeal Beef Lasagne MP7

Canonical:

<https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/wholemeal-beef-lasagne-mp7/>

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, Milk May Contain: Fish, Soybeans, Crustacea, Sesame Seeds, Peanuts, Egg, Tree Nuts, Lupin