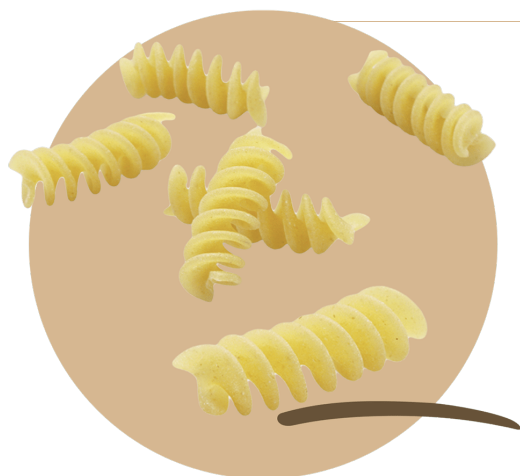




P502

Fusilli precooked



Ingredients

Durum wheat semolina, water, salt.

Average nutritional values per 100 g

Energy kJ 911 – Energy kcal 215 – Fats g 0,6 of which saturated fats g 0,1 – Carbohydrates g 42,7 of which sugars g 1,1 – Fibres g 1,9 – Proteins g 8,7 – Salt g <0,01

Preparation

In boiling water: **1 min**

To pan cook: **4 min**

In the microwave (750w): **3/4 min**

In a steam oven (100°C): **2 min**

In pasta cooker: **1,30 min**



1kg e
PER PACK



200g
SERVING



24
MONTH AT -18°C

Data Sheet



2,0g
FOR PIECES

%

10
PORTION YIELD AFTER
COOKING

