



Z329



Garganelli with prawns and courgettes



4 ½'

COOKING TIME



300g e

4 PLATES PER BOX

Ingredients (pasta)

Durum wheat semolina, soft wheat flour, eggs, water, salt.

Sauce ingredients

Pink shrimps 23%, courgettes 23%, argentine red shrimps 10%, tomato pulp, cream, extra virgin olive oil, sunflower oil, soft wheat flour, garlic, fish broth, salt, spices.

Average nutritional values per 100 g

Energy kj 566 – Energy kcal 135 – Fats g 3,8 of which saturated fats g 0,8 – Carbohydrates g 18,0 of which sugars g 1,2 – Fibres g 1,5 – Proteins g 6,5 – Salt g 0,86

Preparation

Microwave oven (750w): 4 ½ min in a closed package and still frozen.

Data Sheet

%

38

PERCENTAGE OF PASTA

%

62

PERCENTAGE OF SAUCE

