



P514



Linguine precooked



1kg e
PER PACK



200g
SERVING



24
MONTH AT -18°C

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): **no**

In a steam oven(100°C): **no**

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

Data Sheet



30g
FOR PIECES

%

12
PORTION YIELD AFTER
COOKING

