



**YUMMIES**  
for Little Tummys

## NONA'S SPAG BOL

A CLASSIC WITH 5 SNEAKY VEGGIES



### Ingredients

Lean Beef, Tomato, Zucchini, Carrot,  
Capsicum, onion, garlic, stock, paprika,  
rosemary, oregano

### Nutritional Info

Nutrition information	Values /100g	Values /portion
Calories	575 kJ 137 kcal	1,151 kJ 275 kcal
Total fat	2.0 g	3.9 g
- saturated fat	0.6 g	1.3 g
Carbohydrates	21.0 g	42.0 g
- sugar	2.1 g	4.2 g
Fiber	1.8 g	3.7 g
Protein	7.7 g	15.4 g
Salt	0 g	0.0 g

Allergens: Gluten.

Alternatives: GF Spag Bol & Vegetarian Spag  
Bol.

### The Scoop

A flavorsome and healthy pasta just like  
nonna makes! We've managed to  
squeeze 5 different types of vegetables  
into this dish and we've kept this low in  
salt by flavoring with a variety of herbs.

Our beef is premium quality lean beef  
and is sourced locally.

You can never go past a good Spaghetti  
Bolognese and we think ours is a  
winner.

**FUN FACT:** Spaghetti bolognese originated in Bologna, Italy. The Italians don't call this  
dish Spaghetti Bolognese! They call it Ragù!

