

KONJAC SPAGHETTI WITH TUNA 250 g

EAN: 8437000730545

FABRICANTE: THE KONJAC SHOP



Tasty konjac spaghetti with fresh tuna in tomato sauce, very low in calories and carbohydrates and high in fiber and protein. They are ideal for losing weight and optimizing the loss of body fat.

DESCRIPTION

The **KONJAC SPAGHETTI WITH TUNA:**

Ready to eat; Heat the tray in the microwave for 2 minutes and eat.

Doubly satiating: konjac glucomannan + protein.

Low-calorie food: 47kcal per 100g.

Low in carbohydrates and fats.

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This Mediterranean, low-calorie and gluten-free recipe is a very satiating meal thanks to the konjac shirataki rice that provides fiber to the meal and practically no calories. On the other hand, fresh tuna is an excellent source of protein. This healthy meal promotes weight loss and improves gastrointestinal health and macronutrient assimilation. Each tray of konjac spaghetti with fresh tuna from **The Konjac Shop? and Go Natur Food** contains **18 g of protein** (one of the best sources of protein such as oily fish), **5 g of complex carbohydrates**, only **0.3 g of saturated fat** and **5.5 g of fiber**.

Konjac spaghetti with fresh tuna in tomato sauce is made with **konjac shirataki rice, a low-calorie pasta composed of soluble fiber from konjac** and with a fiber content much higher than normal pasta. All this makes it the ideal pasta for **body fat loss diets**.

Konjac has many health **benefits** :

- It contributes to **losing weight**, partly thanks to its low calorie content.
- It increases the **feeling of satiety**, thanks to its high fiber content that expands in the stomach when ingested.
- Helps maintain **healthy cholesterol levels**.
- Positive effect on people with **type 2 diabetes** as it reduces the increase in sugar levels that occur after meals.
- **Regulates intestinal transit** and maintains and recovers intestinal flora.



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Ingredients : Konjac 40% (purified water, amorphophallus konjac 3.6%, calcium hydroxide (stabilizer)), tuna 21% (**fish**), tomato 17% (tomato, citric acid (acidulant)), green pepper, onion, sunflower oil , olive oil (0.5%), sugar, garlic, Himalayan Pink Salt.

Contains allergens: fish

Conservation conditions : Store in a cool, dry place (no refrigeration necessary)

Instructions for use: Heat and ready (2 min)

NUTRITIONAL VALUES (100 g)

	Per 100g	Serving (250g)
Energetic value	195kJ / 46.6kcal	487kJ / 116kcal
Fats	0.6g	1.5g
Of which: Saturated fatty acids	0.12g	0.3g
carbohydrates	2 g	5g
Of which: sugars	0.6g	1.5g
Proteins	7.2g	18g
Salt	0.72g	1.8g
Fiber	2.2g	5.5g

