

# Product Information Sheet

**Product Code** 324410

**Weight** 1360g

**Product Type** Large / Multi-Portion

**Product Name** Sweet & Sour Chicken

## Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	423kj	718kj
Energy (kcal)	100kcal	170kcal
Fat	2.1g	3.6g
Saturated	0.2g	0.4g
Monounsaturated	1.3g	2.2g
Polyunsaturated	0.6g	1.0g
Carbohydrate	9.9g	17g
of which sugars	8.0g	14g
Fibre	<0.5g	0.8g
Protein	10g	17g
Sodium	223mg	378mg
Salt equivalent	0.56g	0.95g
Potassium	247mg	420mg

## Ingredient Declaration

cooked chicken (34%), water, pineapple, red peppers, tomato puree, concentrated pineapple juice, sugar, white wine vinegar, rapeseed oil, modified starch, salt, starch, yeast extract, dextrose, roast chicken carcass, ground paprika, fully refined soybean oil, pepper, cornflour, carrot juice concentrate, leek juice concentrate.

Diet Coding		Made Without		Free From	
1 of 5 a Day		Alcohol		Alcohol	
Energy Dense		Beef	✓	Beef	
Gluten Free	✓	Celery	✓	Celery	
Low Fat	✓	Cheese	✓	Cheese	
Low Salt		Crustacean	✓	Crustacean	
Vegetarian		Egg & Egg Derivatives	✓	Egg & egg derivatives	
Low Saturated Fat		Fish	✓	Fish	
Healthier Choice	✓	Garlic	✓	Garlic	
Vegan		Lupin	✓	Gluten	✓
Soft		Milk & Milk Derivatives	✓	Milk & milk derivatives	
Reduced Sugars		Mollusc	✓	Mollusc	
Low Sugars		Mushroom	✓	Mushroom	
2 of 5 a Day		Mustard	✓	Mustard	
3 of 5 a Day		Nuts	✓	Nuts	
Reducing		Onion	✓	Onion	
High Protein	✓	Peanut	✓	Peanuts	
Easy Chew		Sesame	✓	Soya	
Free From Milk		Soya	✓	Sulphur dioxide/sulphites >10mg/kg	✓
SourceFibre		Tomato	✓	Tomato	
SourceOfProtein		Yeast		Yeast	
		Almond	✓		
		Brazil	✓		
		Cashew	✓		
		Hazlenut	✓		
		Macadamia	✓		
		Pecan	✓		
		Pistachio	✓		
		Queensland	✓		
		Walnut	✓		
		Wheat			
		Rye			
		Barley			
		Oats			

**Cooking Guidelines (all ovens may vary)**

Cook with lid on. Always cook from frozen. Stir before serving.

**Store at -18°C, do not refreeze once thawed**

Product Code 328410

Weight 340g

Product Type Small / Twin

Product Name Sweet & Sour Chicken

**Nutrition (as consumed)**

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	423kj	718kj
Energy (kcal)	100kcal	170kcal
Fat	2.1g	3.6g
Saturated	0.2g	0.4g
Monounsaturated	1.3g	2.2g
Polyunsaturated	0.6g	1.0g
Carbohydrate	9.9g	17g
of which sugars	8.0g	14g
Fibre	<0.5g	0.8g
Protein	10g	17g
Sodium	223mg	378mg
Salt equivalent	0.56g	0.95g
Potassium	247mg	420mg

**Ingredient Declaration**

cooked chicken (34%), water, pineapple, red peppers, tomato puree, concentrated pineapple juice, sugar, white wine vinegar, rapeseed oil, modified starch, salt, starch, yeast extract, dextrose, roast chicken carcass, ground paprika, fully refined soybean oil, pepper, cornflour, carrot juice concentrate, leek juice concentrate.

Diet Coding		Made Without		Free From	
1 of 5 a Day		Alcohol		Alcohol	
Energy Dense		Beef	✓	Beef	
Gluten Free	✓	Celery	✓	Celery	
Low Fat	✓	Cheese	✓	Cheese	
Low Salt		Crustacean	✓	Crustacean	
Vegetarian		Egg & Egg Derivatives	✓	Egg & egg derivatives	
Low Saturated Fat		Fish	✓	Fish	
Healthier Choice	✓	Garlic	✓	Garlic	
Vegan		Lupin	✓	Gluten	✓
Soft		Milk & Milk Derivatives	✓	Milk & milk derivatives	
Reduced Sugars		Mollusc	✓	Mollusc	
Low Sugars		Mushroom	✓	Mushroom	
2 of 5 a Day		Mustard	✓	Mustard	
3 of 5 a Day		Nuts	✓	Nuts	
Reducing		Onion	✓	Onion	
High Protein	✓	Peanut	✓	Peanuts	
Easy Chew		Sesame	✓	Soya	
Free From Milk		Soya	✓	Sulphur dioxide/sulphites >10mg/kg	✓
SourceFibre		Tomato	✓	Tomato	
SourceOfProtein		Yeast		Yeast	
		Almond	✓		
		Brazil	✓		
		Cashew	✓		
		Hazlenut	✓		
		Macadamia	✓		
		Pecan	✓		
		Pistachio	✓		
		Queensland	✓		
		Walnut	✓		
		Wheat			
		Rye			
		Barley			
		Oats			

**Cooking Guidelines (all ovens may vary)**

Cook with lid on. Always cook from frozen. Stir before serving.

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