

Product Information Sheet

Product Code 324703

Weight 1500g

Product Type Large / Multi-Portion **Product Name** Vegetable Lasagne

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kJ)	595kJ	1487kJ
Energy (kcal)	142kcal	356kcal
Fat	7.9g	20g
Saturated	3.2g	8.0g
Monounsaturated	3.3g	8.2g
Polyunsaturated	1.2g	3.1g
Carbohydrate	12g	30g
of which sugars	3.3g	8.3g
Fibre	0.9g	2.2g
Protein	5.5g	14g
Sodium	155mg	389mg
Salt equivalent	0.39g	0.97g
Potassium	219mg	549mg

Ingredient Declaration

water, tomato (17%), vegetarian Cheddar cheese (**milk**) (11%), peppers (9%), durum **wheat** semolina, onion (7%), mushroom (6%), dried **milk**, vegetable oils (rapeseed, sunflower), tomato puree, cornflour, spinach, natural flavouring, garlic, starch, basil, yeast extract, dried carrot, sugar, pepper, dried tomato, salt, extra virgin olive oil, ground turmeric, dried thyme, ground bay leaf, acidity regulator (acetic acid).

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

Cooking Guidelines (all ovens may vary)

Cook with lid off. Cook from frozen.

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

Product Code 328703

Product Type Small / Twin

Product Name Vegetable Lasagne

Weight 500g

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kJ)	595kJ	1487kJ
Energy (kcal)	142kcal	356kcal
Fat	7.9g	20g
Saturated	3.2g	8.0g
Monounsaturated	3.3g	8.2g
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Diet Coding		Made Without		Free From	
1 of 5 a Day		Alcohol	/	Alcohol	
Energy Dense	/	Beef		Beef	
Gluten Free		Celery		Celery	
Low Fat		Cheese	<u> </u>	Cheese	
Low Salt		Crustacean		Crustacean	
Vegetarian	/	Egg & Egg Derivatives	/	Egg & egg derivatives	
Low Saturated		Fish	/	Fish	
Fat		Garlic		Garlic	
Healthier Choice		Lupin		Gluten	
Vegan		Milk & Milk		Milk & milk derivatives	
Soft		Derivatives		Mollusc	
Reduced Sugars		- Mollusc	1./	Mushroom	
Low Sugars		- Mushroom		Mustard	
2 of 5 a Day		- Mustard		Nuts	
3 of 5 a Day		Nuts		Onion	
Reducing		Onion		Peanuts	
High Protein		Peanut		Soya	
Easy Chew			\ <u>\</u>	Sulphur dioxide/sulphites	
Free From Milk		Sesame	\ <u>\</u>	>10mg/kg	
SourceFibre		Soya	/	Tomato	
SourceOfProtein		Tomato	-	Yeast	
		Yeast			
		Almond	/		
		Brazil	/		
		Cashew	/		
		Hazlenut	/		
		Macadamia	/		
		Pecan	/		
		Pistachio	/		
		Queensland	/		
		Walnut	/		
		Wheat			
		Rye			
		Barley	/		
		Oats	1./		
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