

Product Code 328945

Product Type Small / Twin

Product Name Tomato, lentil and sweet potato crumble

Weight 480g

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	633kj	1519kj
Energy (kcal)	151kcal	363kcal
Fat	6.9g	16g
Saturated	1.4g	3.3g
Monounsaturated	3.4g	8.2g
Polyunsaturated	2.1g	5.0g
Carbohydrate	16g	39g
of which sugars	2.7g	6.5g
Fibre	2.3g	5.4g
Protein	5.0g	12g
Sodium	220mg	527mg
Salt equivalent	0.55g	1.3g
Potassium	288mg	691mg

Ingredient Declaration

water, tomato (19%), green beans, lentils (7%), peas, sweet potato (7%), **oats**, vegetable oils (rapeseed, palm), **wheat** flour (with calcium carbonate, niacin, iron, thiamin), pumpkin seeds, onion, spinach, tomato paste, modified starch, salt, garlic, smoked paprika, cornflour, tomato purée, dried onion, ground paprika, yeast extract, sugar, white wine vinegar, dextrose, glucose syrup, dried carrot, pepper, dried leek, dried tomato, ground turmeric, onion powder, dried thyme, ground bay leaf, acidity regulator (acetic acid), onion extract, pepper extract, ground clove.

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 off. Always cook from frozen.

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

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