



Product Information Sheet

Product Code 292124
Product Type Individual
Product Name Level 4 Chocolate Mousse

Weight65g

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kJ)	583kJ	379kJ
Energy (kcal)	141kcal	92kcal
Fat	5.8g	3.8g
Saturated	4.9g	3.2g
Monounsaturated	0.6g	0.4g
Polyunsaturated	0.3g	0.2g
Carbohydrate	7.3g	4.7g
of which sugars	6.9g	4.5g
Fibre	21g	13g
Protein	4.6g	3.0g
Sodium	104mg	68mg
Salt equivalent	0.26g	0.17g
Potassium	341 mg	222mg

Ingredient Declaration

water, oligofructose, chicory root fibre, whey (milk) proteins, coconut fat, cocoa powder (4%), skimmed milk powder, emulsifier (lactic acid esters of mono- and diglycerides of fatty acids), gelling agents (pectins, sodium alginate), sweetener (steviol glycosides from Stevia), natural flavouring.

Warnings:

⚠ May contain nuts.

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	
		Garlic	✓	Garlic	
Healthier Choice		Lupin	✓	Gluten	✓
Vegan		Milk & Milk Derivatives		Milk & milk derivatives	
Soft				Mollusc	
Reduced Sugars		Mollusc	✓	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	✓	Sesame	✓	Sulphur dioxide/sulphites >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)

Leave in packaging and defrost for 3 hours in a refrigerator at 5°C. Once defrosted keep refrigerated and consume within 48 hours.

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

Canal Road, Trowbridge, Wiltshire, BA14 8RJ U.K. Tel: 01225 753636 Fax: 01225 777084