



Product Information Sheet

Product Code 292125
Product Type Individual
Product Name Level 4 Strawberry Mousse

Weight65g

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kJ)	548kJ	356kJ
Energy (kcal)	133kcal	86kcal
Fat	5.7g	3.7g
Saturated	4.9g	3.2g
Monounsaturated	0.5g	0.3g
Polyunsaturated	0.3g	0.2g
Carbohydrate	6.9g	4.5g
of which sugars	6.9g	4.5g
Fibre	20g	13g
Protein	3.6g	2.3g
Sodium	48mg	31mg
Salt equivalent	0.12g	0.08g
Potassium	158mg	103mg

Ingredient Declaration

water, oligofructose, chicory root fibre, whey (milk) proteins, coconut fat, skimmed milk powder, emulsifier (lactic acid esters of mono- and diglycerides of fatty acids), gelling agents (pectin, sodium alginate), lemon juice from concentrate, colours (beetroot red, carrot concentrate), natural strawberry flavouring, sweetener (steviol glycosides from Stevia).

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

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