



Product Information Sheet

Product Code 227359

Product Type Individual

Product Name Level 4 Purée Sausage & Mash

Weight 340g

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	679kj	2310kj
Energy (kcal)	164kcal	556kcal
Fat	12g	40g
Saturated	1.5g	5.0g
Monounsaturated	6.7g	23g
Polyunsaturated	3.6g	12g
Carbohydrate	7.2g	24g
of which sugars	1.9g	6.5g
Fibre	2.1g	7.1g
Protein	6.2g	21g
Sodium	218mg	740mg
Salt equivalent	0.54g	1.9g
Potassium	167mg	567mg

Ingredient Declaration

water, peas (12%), pork (12%), poultry stock, rapeseed oil, onion (6%), dried potato, pea protein, **SOYA** protein, tomato puree, carrot juice, maize starch, emulsifiers (sunflower lecithin, **SOYA** lecithin, mono- and diglycerides of fatty acids), carrot, thickeners (methyl cellulose, guar gum, xanthan gum), pea starch, sugar, salt, caramelised sugar, natural flavourings (contains **EGG**), garlic, rice protein, citrus fibres, yeast extract, **MUSTARD** seed, pea fibres, spirit vinegar, nitrite curing salt (salt, preservative (sodium nitrite)), sunflower oil, pepper, lemon juice, sage, thyme, chicken fat, iodised salt, caraway, spices, turmeric, nutmeg.

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)

Always cook from frozen. Do not pierce, cook with film lid on. Ensure food is piping hot before serving. Take care, hot after heating. Once cooked do not reheat. Microwave - cook on HALF power.

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