

Product Information Sheet

Product Code 324113 Weight 1392g

Product Type Large / Multi-Portion

Product Name Pork Burgers in Rich Tomato Sauce

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kJ)	632kJ	1466kJ
Energy (kcal)	151kcal	351kcal
Fat	8.6g	20g
Saturated	2.6g	6.0g
Monounsaturated	4.5g	10g
Polyunsaturated	1.6g	3.7g
Carbohydrate	11g	26g
of which sugars	2.0g	4.6g
Fibre	0.7g	1.7g
Protein	6.7g	16g
Sodium	319mg	740mg
Salt equivalent	0.80g	1.9g
Potassium	214mg	496mg

Ingredient Declaration

water, cooked pork (31%), onion, tomato, maltodextrin, **egg**, tomato puree, **wheat** flour (with calcium carbonate, niacin, iron, thiamin), carrot, modified starch, rapeseed oil, parsnip, salt, caramelised sugar, dextrose, stabiliser (cellulose), parsley, roast chicken carcass, yeast extract, pepper, sugar, cornflour, garlic, carrot juice concentrate, leek juice concentrate.

Energy Dense	Diet Coding		Made Without		Free From	
Gluten Free Low Fat Low Salt Crustacean Vegetarian Low Saturated Fat Healthier Choice Vegan Milk & Milk Derivatives Mollusc Mushroom Mustard Mollusc Mushroom Mustard Mollusc Mushroom Milk & Milk Onion Peanut Sesame SourceOfProtein Veast Almond Pistachio Queensland Walnut Wheat Veleese Crustacean Egg & egg derivatives Fish Garlic Gluten Milk & milk derivatives Mollusc Mushroom Mustard Mollusc Mushroom Mustard Nuts Onion Peanuts Soya Sulphur dioxide/sulphites -10mg/kg Tomato Veast Veast Veast Veast Veast Vealery Cheese Crustacean Egg & egg derivatives Fish Garlic Gluten Milk & milk derivatives Mollusc Mushroom Mustard Nuts Onion Peanuts Soya Sulphur dioxide/sulphites -10mg/kg Tomato Veast Velery Cheese Crustacean Egg & egg derivatives Fish Garlic Gluten Milk & milk derivatives Mollusc Mushroom Mustard Nuts Onion Peanuts Soya Sulphur dioxide/sulphites -10mg/kg Tomato Veast Ve	1 of 5 a Day		Alcohol	/	Alcohol	
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Low Salt Vegetarian Low Saturated Fish Garlic Healthier Choice Vegan Milk & Milk Derivatives Mollusc Mushroom Mustard Nuts Onion Peanut Say Chew Free From Milk Source-Fibre SourceOfProtein Almond Brazil Cashew Hazlenut Macadamia Pecan Pistachio Queensland Walnut Wheat Egg & Egg Derivatives Fish Garlic Gluten Milk & milk derivatives Mollusc Mushroom Milk & milk derivatives Mollusc Mushroom Mustard Nuts Onion Peanut Soya Soya Sulphur dioxide/sulphites >10mato Yeast Almond Agracil Queensland Walnut Wheat	Gluten Free		Celery	/	Celery	
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Fat Healthier Choice Vegan Vegan Milk & Milk Derivatives Mollusc Mushroom Mustard Mustard Mustard Mustard Mustard Mustard Monion Peanuts Soya Free From Milk SourceFibre SourceOfProtein Fazil Cashew Hazlenut Macadamia Pecan Pistachio Queensland Walnut Wheat Milk & milk derivatives Mushroom Mustard Mushroom Mustard Mustard Onion Peanuts Soya Sulphur dioxide/sulphites >10mg/kg Tomato Yeast Almond Almond Pecan Pistachio Queensland Walnut Wheat	Low Saturated				Fish	
Healthier Choice Vegan Vegan Soft Reduced Sugars Low Sugars Low Sugars Almond Brazil Cashew Hazlenut Macadamia Pecan Pistachio Queensland Milk & Milk	Fat		- Garlic	•	Garlic	
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2 of 5 a Day 3 of 5 a Day Reducing High Protein Easy Chew Free From Milk SourceFibre SourceOfProtein Hand Almond Brazil Cashew Hazlenut Macadamia Pecan Pistachio Queensland Walnut Wheat Muts Onion Peanuts Soya Sulphur dioxide/sulphites >10mg/kg Tomato Yeast Almond Yeast Almond Acadamia Pecan Pistachio Queensland Walnut Wheat	Low Sugars	/			Mustard	
Reducing High Protein Easy Chew Free From Milk SourceFibre SourceOfProtein Brazil Cashew Hazlenut Macadamia Pecan Pistachio Queensland Walnut Wheat Onion Peanuts Soya Soya Sulphur dioxide/sulphites Soya Tomato Yeast Soya Tomato Yeast Almond Walnut Wheat	2 of 5 a Day			/	Nuts	
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Easy Chew Free From Milk SourceFibre SourceOfProtein Sesame Soya Tomato Yeast Almond Brazil Cashew Hazlenut Macadamia Pecan Pistachio Queensland Walnut Wheat Sulpnur dioxide/sulpnites >10mg/kg Tomato Yeast Yeast Almond Yeast Almond Wacadamia Amacadamia Am	High Protein	/			Soya	
Free From Milk SourceFibre SourceOfProtein Tomato Yeast Almond Brazil Cashew Hazlenut Macadamia Pecan Pistachio Queensland Walnut Wheat Tomato Yeast Tomato Yeast Veast Almond Veast Veast Veast Almond Veast Valenut Veast	Easy Chew	/		\ <u>\</u>		
SourceOfProtein Tomato Yeast Almond Brazil Cashew Hazlenut Macadamia Pecan Pistachio Queensland Walnut Wheat	Free From Milk			\ <u>\</u>		
Yeast Almond Brazil Cashew Hazlenut Macadamia Pecan Pistachio Queensland Walnut Wheat	SourceFibre			 		
Almond Brazil Cashew Hazlenut Macadamia Pecan Pistachio Queensland Walnut Wheat	SourceOfProtein				Yeast	
Brazil Cashew Hazlenut Macadamia Pecan Pistachio Queensland Walnut Wheat						
Cashew Hazlenut Macadamia Pecan Pistachio Queensland Walnut Wheat				/		
Hazlenut Macadamia Pecan Pistachio Queensland Walnut Wheat			Brazil	/		
Macadamia Pecan Pistachio Queensland Walnut Wheat			Cashew	/		
Pecan Pistachio Queensland Walnut Wheat			Hazlenut	/		
Pistachio Queensland Walnut Wheat			Macadamia	/		
Queensland Walnut Wheat			Pecan	/		
Walnut			Pistachio	/		
Wheat			Queensland	/		
Wheat			Walnut	/		
			Wheat	+		
Nye			Rye			
Barley				1./		
Oats				1/		

Cooking Guidelines (all ovens may vary)

Cook with lid on. Always cook from frozen.

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

Product Code 328113 Weight 464g

Product Type Small / Twin

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Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
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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	/	Cheese	
Low Salt		Crustacean		Crustacean	
Vegetarian		Egg & Egg Derivatives		Egg & egg derivatives	
Low Saturated		Fish		Fish	
Fat		Garlic	•	Garlic	
Healthier Choice		Lupin	1./	Gluten	
Vegan		Milk & Milk		Milk & milk derivatives	
Soft		- Derivatives	/	Mollusc	
Reduced Sugars		- Mollusc		Mushroom	
Low Sugars	/	- Mushroom		Mustard	
2 of 5 a Day		Mustard		Nuts	
3 of 5 a Day		Nuts		Onion	
Reducing			-	Peanuts	
High Protein	/	Onion		Soya	
Easy Chew	/	Peanut	/	Sulphur dioxide/sulphites	
Free From Milk		Sesame	\ <u>\</u>	>10mg/kg	
SourceFibre		Soya	/	Tomato	
SourceOfProtein		Tomato	<u> </u>	Yeast	
		Yeast			
		Almond	/		
		Brazil	/		
		Cashew	/		
		Hazlenut	/		
		Macadamia	/		
		Pecan	/		
		Pistachio	/		
		Queensland	/		
		Walnut	1/		
		Wheat	+		
		Rye			
		Barley	1./		
		Oats	/		

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