



Product Information Sheet

Product Code 324713

Weight 1350g

Product Type Large / Multi-Portion

Product Name Potato, Cheese & Leek Bake

Nutrition (as consumed)

| | Quantity Units (per 100g) | Quantity Units (per portion) |
|-----------------|---------------------------|------------------------------|
| Energy (kj) | 649kj | 1460kj |
| Energy (kcal) | 156kcal | 350kcal |
| Fat | 9.8g | 22g |
| Saturated | 4.8g | 11g |
| Monounsaturated | 3.7g | 8.2g |
| Polyunsaturated | 1.2g | 2.6g |
| Carbohydrate | 9.8g | 22g |
| of which sugars | 1.9g | 4.4g |
| Fibre | 0.8g | 1.8g |
| Protein | 6.7g | 15g |
| Sodium | 219mg | 494mg |
| Salt equivalent | 0.55g | 1.2g |
| Potassium | 247mg | 557mg |

Ingredient Declaration

potato (40%), water, vegetarian cheese (**milk**) (20%), leek (6%), onion, vegetable oils (rapeseed, palm), skimmed **milk** powder, chives, modified starch, starch, parsley, salt, cornflour, dried onion, yeast extract, sugar, dried carrot, pepper, dried leek, dried tomato, ground turmeric, dextrose, dried thyme, ground bay leaf.

| 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

Product Code 328713**Weight** 450g**Product Type** Small / Twin**Product Name** Potato, Cheese & Leek Bake**Nutrition (as consumed)**

| | Quantity Units (per 100g) | Quantity Units (per portion) |
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| 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 | | | |
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