



Product Information Sheet

Product Code 324715

Weight 1320g

Product Type Large / Multi-Portion

Product Name Cauliflower & Broccoli Pasta

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	462kj	1017kj
Energy (kcal)	110kcal	243kcal
Fat	5.2g	11g
Saturated	3.1g	6.9g
Monounsaturated	1.5g	3.3g
Polyunsaturated	0.4g	0.8g
Carbohydrate	9.5g	21g
of which sugars	1.7g	3.8g
Fibre	0.9g	1.9g
Protein	6.0g	13g
Sodium	176mg	387mg
Salt equivalent	0.44g	0.97g
Potassium	155mg	342mg

Ingredient Declaration

water, broccoli (14%), cauliflower (14%), vegetarian cheese (**milk**) (12%), durum **wheat** semolina, skimmed **milk** powder, modified starch, palm oil, butter (**milk**), starch, salt, pepper, ground nutmeg.

Warnings:

⚠ May contain mustard and soya.

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. Cook from frozen.

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

Product Code 328715**Weight**440g**Product Type** Small / Twin**Product Name** Cauliflower & Broccoli Pasta**Nutrition (as consumed)**

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	477kj	1049kj
Energy (kcal)	114kcal	251kcal
Fat	5.5g	12g
Saturated	3.3g	7.3g
Monounsaturated	1.6g	3.5g
Polyunsaturated	0.4g	0.8g
Carbohydrate	9.5g	21g
of which sugars	1.7g	3.8g
Fibre	0.8g	1.9g
Protein	6.2g	14g
Sodium	183mg	403mg
Salt equivalent	0.46g	1.0g
Potassium	154mg	339mg

Ingredient Declaration

water, broccoli (14%), cauliflower (14%), vegetarian cheese (**milk**) (13%), durum **wheat** semolina, skimmed **milk** powder, modified starch, palm oil, butter (**milk**), starch, salt, pepper, ground nutmeg.

Warnings:

⚠ May contain mustard and soya.

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. Cook from frozen.

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

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