



# Product Information Sheet

Product Code 324757

Weight 720g

Product Type Large / Multi-Portion

Product Name Cabbage

## Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	133kj	119kj
Energy (kcal)	32kcal	28kcal
Fat	<0.5g	<0.5g
Saturated	0.1g	<0.1g
Monounsaturated	<0.1g	<0.1g
Polyunsaturated	0.3g	0.3g
Carbohydrate	4.1g	3.7g
of which sugars	4.0g	3.6g
Fibre	2.4g	2.2g
Protein	1.7g	1.5g
Sodium	5mg	5mg
Salt equivalent	0.01g	0.01g
Potassium	320mg	288mg

## Ingredient Declaration

cabbage.

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 from frozen. Lid on.

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

**Product Code** 328757  
**Product Type** Small / Twin  
**Product Name** Cabbage

**Weight** 270g

### Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	133kj	119kj
Energy (kcal)	32kcal	28kcal
Fat	<0.5g	<0.5g
Saturated	0.1g	<0.1g
Monounsaturated	<0.1g	<0.1g
Polyunsaturated	0.3g	0.3g
Carbohydrate	4.1g	3.7g
of which sugars	4.0g	3.6g
Fibre	2.4g	2.2g
Protein	1.7g	1.5g
Sodium	5mg	5mg
Salt equivalent	0.01g	0.01g
Potassium	320mg	288mg

### Ingredient Declaration

cabbage.

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 from frozen. Lid on.

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

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