

Product Information Sheet

Product Code 324720

Weight 960g

Product Type Large / Multi-Portion

Product Name Scrambled Egg

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kJ)	512kJ	614kJ
Energy (kcal)	123kcal	147kcal
Fat	8.0g	9.6g
Saturated	2.5g	3.0g
Monounsaturated	3.4g	4.1g
Polyunsaturated	2.0g	2.4g
Carbohydrate	0.6g	0.7g
of which sugars	0.6g	0.7g
Fibre	< 0.5g	< 0.5g
Protein	12g	15g
Sodium	298mg	358mg
Salt equivalent	0.75g	0.89g
Potassium	140mg	168mg

Ingredient Declaration

pasteurised egg (92%), water, sunflower oil, skimmed milk powder, lemon juice, salt, pepper.

Diet Coding **Made Without** Free From 1 of 5 a Day Alcohol Alcohol Beef **Energy Dense** Beef Celery Gluten Free Celery Cheese Low Fat Cheese Crustacean Low Salt Crustacean Egg & egg derivatives Vegetarian Egg & Egg Derivatives Fish Low Saturated Fish Garlic Fat Garlic **Healthier Choice** Gluten Lupin Vegan Milk & milk derivatives Milk & Milk Soft Mollusc **Derivatives Reduced Sugars** Mushroom Mollusc **Low Sugars** Mustard Mushroom 2 of 5 a Day Nuts Mustard 3 of 5 a Day Onion Nuts Reducing Peanuts Onion High Protein Soya Peanut Sulphur dioxide/sulphites Easy Chew Sesame >10mg/kg Free From Milk Soya **Tomato** SourceFibre **Tomato** Yeast SourceOfProtein 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 328720
Product Type Small / Twin
Product Name Scrambled Egg

Weight 240g

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kJ)	512kJ	614kJ
Energy (kcal)	123kcal	147kcal
Fat	8.0g	9.6g
Saturated	2.5g	3.0g
Monounsaturated	3.4g	4.1g
Polyunsaturated	2.0g	2.4g
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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	1./	Garlic	
Healthier Choice		Lupin	/	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	\ <u>\</u>	Soya	
Easy Chew	/	Peanut	//	Sulphur dioxide/sulphites	
Free From Milk		Sesame	//	>10mg/kg	
SourceFibre		Soya	//	Tomato	
SourceOfProtein		Tomato	/	Yeast	
		Yeast	/		
		Almond	/		
		Brazil	/		
		Cashew	/		
		Hazlenut	/		
		Macadamia			
		Pecan			
		Pistachio			
		Queensland	/		
		Walnut			
		Wheat	<u> </u>		
		Rye			
		Barley			
		Oats			

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