



# Product Information Sheet

**Product Code** 324303

**Weight** 1520g

**Product Type** Large / Multi-Portion

**Product Name** Lancashire Hotpot

## Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	572kj	1088kj
Energy (kcal)	137kcal	260kcal
Fat	7.7g	15g
Saturated	3.7g	7.1g
Monounsaturated	3.0g	5.8g
Polyunsaturated	0.7g	1.3g
Carbohydrate	8.7g	16g
of which sugars	2.1g	4.0g
Fibre	0.8g	1.6g
Protein	7.8g	15g
Sodium	178mg	338mg
Salt equivalent	0.45g	0.85g
Potassium	324mg	616mg

## Ingredient Declaration

lamb (39%), potato, onion, water, carrot, vegetable oils (palm, rapeseed), modified starch, onion powder, tomato puree, salt, dextrose, lemon juice from concentrate, roast lamb bone, natural flavouring, sugar, yeast extract, thyme, spirit vinegar, cane molasses, pepper, cornflour, dried rosemary, tamarind paste, carrot juice concentrate, leek juice concentrate, ground cayenne, garlic powder, ground clove, rosemary extract.

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** 328303**Weight** 380g**Product Type** Small / Twin**Product Name** Lancashire Hotpot**Nutrition (as consumed)**

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	572kj	1088kj
Energy (kcal)	137kcal	260kcal
Fat	7.7g	15g
Saturated	3.7g	7.1g
Monounsaturated	3.0g	5.8g
Polyunsaturated	0.7g	1.3g
Carbohydrate	8.7g	16g
of which sugars	2.1g	4.0g
Fibre	0.8g	1.6g
Protein	7.8g	15g
Sodium	178mg	338mg
Salt equivalent	0.45g	0.85g
Potassium	324mg	616mg

**Ingredient Declaration**

lamb (39%), potato, onion, water, carrot, vegetable oils (palm, rapeseed), modified starch, onion powder, tomato puree, salt, dextrose, lemon juice from concentrate, natural flavouring, roast lamb bone, sugar, yeast extract, thyme, spirit vinegar, cane molasses, pepper, cornflour, dried rosemary, tamarind paste, carrot juice concentrate, leek juice concentrate, ground cayenne, garlic powder, ground clove, rosemary extract.

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)**

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