



Product Information Sheet

Product Code 324982

Weight 640g

Product Type Large / Multi-Portion

Product Name Cabbage

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	133kj	106kj
Energy (kcal)	32kcal	25kcal
Fat	<0.5g	<0.5g
Saturated	0.1g	<0.1g
Monounsaturated	<0.1g	<0.1g
Polyunsaturated	0.3g	0.2g
Carbohydrate	4.1g	3.3g
of which sugars	4.0g	3.2g
Fibre	2.4g	1.9g
Protein	1.7g	1.4g
Sodium	5mg	4mg
Salt equivalent	0.01g	<0.0125g
Potassium	320mg	256mg

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	
		Garlic	✓	Garlic	
Healthier Choice	✓	Lupin	✓	Gluten	✓
Vegan	✓	Milk & Milk Derivatives	✓	Milk & milk derivatives	
Soft		Mollusc	✓	Mollusc	
Reduced Sugars		Mushroom	✓	Mushroom	
Low Sugars	✓	Mustard	✓	Mustard	
2 of 5 a Day		Nuts	✓	Nuts	
3 of 5 a Day		Onion	✓	Onion	
Reducing		Peanut	✓	Peanuts	
High Protein		Sesame	✓	Soya	
Easy Chew		Soya	✓	Sulphur dioxide/sulphites >10mg/kg	✓
Free From Milk		Tomato	✓	Tomato	
SourceFibre		Yeast	✓	Yeast	
SourceOfProtein		Almond	✓		
		Brazil	✓		
		Cashew	✓		
		Hazlenut	✓		
		Macadamia	✓		
		Pecan	✓		
		Pistachio	✓		
		Queensland	✓		
		Walnut	✓		
		Wheat			
		Rye			
		Barley			
		Oats			

Cooking Guidelines (all ovens may vary)

Cook with lid on. Always cook from frozen.