



Product Information Sheet

Product Code: 227365
Product Range: IDDSI 4 - Pureed
Category: Breakfast
Product Name: Puréed Porridge
Label Description: puréed creamy oat flour porridge
Brochure Code: 7365
Formulation:

Component	Weight (Kg)
LEVEL 4 OAT FLOUR PORRIDGE	0.200

Total Weight	0.200
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No. Units per Case: 30
Case Dimensions: 417x271x183mm

Nutrition (as consumed):

Typical values	Per 100g	Per Pack 200g	% Reference Intake per serving
Energy	557 kJ	1113 kJ	
Energy	133 kcal	266 kcal	13
Fat	6.6 g per 100g	13 g per 200g	19
of which saturates	1.7 g per 100g	3.5 g per 200g	17
of which monounsaturates	3.3 g per 100g	6.6 g per 200g	
of which polyunsaturates	1.5 g per 100g	3.0 g per 200g	
Carbohydrate	15 g per 100g	30 g per 200g	
of which sugars	7.7 g per 100g	15 g per 200g	17
Fibre	1.3 g per 100g	2.6 g per 200g	
Protein	2.8 g per 100g	5.7 g per 200g	
Salt	0.11 g per 100g	0.23 g per 200g	4
Sodium	0.045 g per 100g	0.090 g per 200g	
Potassium	117 mg per 100g	235 mg per 200g	

each pack contains:

Energy	Fat	Saturates	Sugars	Salt
1113 kJ 266 kcal	13 g	3.5 g	15 g	0.23 g
13 %	19 %	17 %	17 %	4 %

of an adult's reference intake

typical values per 100g: Energy 557 kJ/ 133 kcal

Ingredients:

water, gluten free **oat** flour (11%), cream (**milk**) (6%), sugar, vegetable oils (rapeseed, palm), skimmed **milk** powder, modified starch, stabiliser (methyl cellulose), salt.

Allergy Advice: For allergens see ingredients in **bold**.

Diet Coding:

Low Fat	1 of 5 a day	Low Salt	Gluten Free	Source of Fibre	Easy Chew	Healthier Choice 	Higher Protein	Vegetarian	Vegan
No	No	Yes	Yes	No	No	No	No	Yes	No

Energy Dense	Nourishing	Fortified	Well Balanced
No	No	No	No

Allergens-

Milk & Milk Derivatives	Egg & Egg Derivatives	Celery	Mustard	Soya	Gluten	Fish
Yes	No	No	No	No	No	No

Crustacean	Mollusc	Sulphur Dioxide/ Sulphites > 10mg/kg	Nuts	Peanut	Lupin	Sesame
No	No	No	No	No	No	No

Others-

Cheese	Yeast	Beef	Tomato	Garlic	Onion	Mushroom	Alcohol
No	No	No	No	No	No	No	No

Yes = Contains

No = Made Without

• = may contain

Cooking Guidelines

Always cook from frozen. Do not pierce, cook with film lid on. Ensure food is piping hot before serving. Once cooked do not reheat. Stir before serving.

Oven: Pre-heated oven: 160°C/325°F/Gas 3. Fan oven: 140°C/275°F. 50 mins or longer if required.

Microwave – cook on half power:

WATTAGE	COOKING TIME	STANDING TIME
700 Watt/Category D	10 mins	2 mins
800 Watt/Category E	9 mins	2 mins
900 Watt/Category E	8 mins	2 mins

Storage Instructions:

Store at -18°C.

For best before end, see film lid.