



Product Information Sheet

Product Code: 227368
Product Range: Individual IDDSI 4 Range
Category: Complete Main Meal
Product Name: Purée Cheese Omelette, Chips & Beans
Label Description: Purée cheese and egg omelette served with chips seasoned with vinegar, and haricot beans in a tomato sauce.
Brochure Code: 7368
Formulation:

Component	Weight (Kg)
Purée Cheese Omelette, Chips & Beans	0.285

Total Weight	0.285
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No. Units per Case: 12
Case Dimensions: 380 x 195 x 227mm

Nutrition (as consumed):

Typical values	Per 100g	Per Meal 285g	% Reference Intake per serving
Energy	763 kJ per 100g	2,173 kJ per 285g	
Energy	183 kcal per 100g	523 kcal per 285g	26
Fat	13 g per 100g	36 g per 285g	52
of which saturates	3.6 g per 100g	10 g per 285g	51
of which monounsaturates	6.1 g per 100g	17 g per 285g	
of which polyunsaturates	3.0 g per 100g	8.5 g per 285g	
Carbohydrate	9.2 g per 100g	26 g per 285g	
of which sugars	2.1 g per 100g	6.0 g per 285g	7
Fibre	1.5 g per 100g	4.3 g per 285g	
Protein	7.0 g per 100g	20 g per 285g	
Salt	0.59 g per 100g	1.7 g per 285g	28

Sodium	0.235 g per 100g	0.670 g per 285g
Potassium	179 mg per 100g	511 mg per 285g

each portion contains:

Energy	Fat	Saturates	Sugars	Salt
2173 kJ	36 g	10 g	6.0 g	1.7 g
523 kcal				
26 %	52 %	51 %	7 %	28 %

of an adult's reference intake

typical values per 100g: Energy 763 kJ/ 183 kcal

Ingredients:

water, EGG (13%), potato, skimmed MILK, rapeseed oil, cheese (MILK) (6%), white beans, tomato, tomato puree, onion, SOYA protein, butter (MILK), EGG yolk, waxy maize starch, emulsifier (SOYA lecithin, sunflower lecithin), sugar, carrot juice, thickener (methyl cellulose), natural flavourings (contains yeast extract, MILK), sunflower oil, spirit vinegar, salt, iodised salt, dextrose, paprika, garlic, BARLEY malt extract, turmeric, pepper, caramelised sugar, citrus fibres, acid (acetic acid), nutmeg, lemon juice, herbs.
 Allergy Advice: For allergens see ingredients in CAPITAL LETTERS.

Diet Coding:

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

Energy Dense	Nourishing	Fortified
Yes	N/A	N/A

Allergens-

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

Yes = Contains

No = Made Without

• = may contain

Cooking Guidelines

Always cook from frozen. Cook with film lid on. Ensure food is piping hot before serving. Take care, hot after heating. Once cooked do not reheat.

Oven:

Pierce film lid with a fork.

Pre-heated oven: 170°C/335°F/Gas 3-4. Fan oven: 150°C/300°F. 50 mins or longer if required.

Microwave:

800 Watt/Category: E

HALF POWER

Step 1:

Cook for 9 minutes 30 seconds

Stand for 2 minutes

Step 2 Remove film lid

Cook for 2 minutes

Stand for 2 minutes

Storage Instructions:

Store at -18°C.