



Product Information Sheet

Product Code 227363

Weight 340g

Product Type Individual

Product Name Level 4 Purée Lamb in Mint Gravy

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	685kj	2329kj
Energy (kcal)	165kcal	560kcal
Fat	12g	40g
Saturated	2.4g	8.1g
Monounsaturated	6.1g	21g
Polyunsaturated	3.1g	10g
Carbohydrate	7.7g	26g
of which sugars	2.6g	8.7g
Fibre	2.2g	7.4g
Protein	6.2g	21g
Sodium	224mg	761mg
Salt equivalent	0.56g	1.9g
Potassium	188mg	640mg

Ingredient Declaration

water, lamb (15%), carrot juice, carrot (8%), rapeseed oil, swede (4.5%), dried potato, pea protein, lamb fat, onion, pea starch, emulsifiers (sunflower lecithin, mono- and diglycerides of fatty acids), thickeners (methyl cellulose, xanthan gum, guar gum), tomato puree, sugar, natural flavourings, caramelised sugar, maize starch, yeast extract, lemon juice, rice protein, citrus fibres, salt, garlic, pea fibres, white wine vinegar, concentrated onion juice, iodised salt, sunflower oil, pepper, savoury, thyme, rosemary, turmeric, nutmeg, grape juice concentrate.

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		Tomato		Yeast	
		Yeast			
		Almond	✓		
		Brazil	✓		
		Cashew	✓		
		Hazlenut	✓		
		Macadamia	✓		
		Pecan	✓		
		Pistachio	✓		
		Queensland	✓		
		Walnut	✓		
		Wheat			
		Rye			
		Barley			
		Oats			

Cooking Guidelines (all ovens may vary)

Always cook from frozen. Ensure food is piping hot before serving. Once cooked do not reheat.

Microwave - cook on HALF power.

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