



Product Information Sheet

Product Code 227214

Weight 390g

Product Type Individual

Product Name Level 5 Fish in Parsley Sauce

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	369kj	1439kj
Energy (kcal)	88kcal	344kcal
Fat	4.1g	16g
Saturated	0.8g	3.1g
Monounsaturated	2.2g	8.8g
Polyunsaturated	0.9g	3.7g
Carbohydrate	7.4g	29g
of which sugars	0.9g	3.6g
Fibre	1.0g	4.0g
Protein	5.0g	19g
Sodium	142mg	555mg
Salt equivalent	0.36g	1.4g
Potassium	185mg	720mg

Ingredient Declaration

water, potato, pollock (**fish**) (14%), spinach, vegetable oils (rapeseed, palm, sunflower), pea protein, modified starch, starch, skimmed **milk** powder, cream (**milk**), maltodextrin, parsley, natural Sicilian lemon flavouring, stabilisers (methyl cellulose, hydroxypropyl methyl cellulose), butter (**milk**), garlic, salt, dried **milk**, yeast extract, cornflour, lemon juice from concentrate, onion powder, glucose syrup, dried onion, pepper, sugar, ground bay leaf, dried carrot, natural flavouring (contains **fish**), **fish** stock, dried leek, dried tomato, ground turmeric, dried thyme, garlic powder, dried lovage, nutmeg, marjoram extract, thyme extract, rosemary extract, basil extract, sage extract.

Warnings:

- ⚠ Prepared to meet level 5 for adults.
- ⚠ May contain soya.
- ⚠ May contain bones.

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)

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.

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