



# Product Information Sheet

Product Code 227408

Weight 440g

Product Type Individual

Product Name Level 6 Barbecue Chicken

## Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	496kj	2183kj
Energy (kcal)	119kcal	523kcal
Fat	6.9g	30g
Saturated	1.8g	8.0g
Monounsaturated	3.4g	15g
Polyunsaturated	1.4g	6.3g
Carbohydrate	9.2g	40g
of which sugars	3.7g	16g
Fibre	1.5g	6.6g
Protein	4.3g	19g
Sodium	155mg	683mg
Salt equivalent	0.39g	1.7g
Potassium	236mg	1037mg

## Ingredient Declaration

potato, water, carrot, parsnip, cooked formed chicken (12%), barbecue sauce (tomato, demerara sugar, water, tomato paste, cornflour, spirit vinegar, salt, smoked dextrose, cane molasses, partially inverted sugar syrup, gluten free **barley** malt extract, smoked paprika, ground pepper, onion powder, ground cinnamon, ground clove, ground chilli), concentrated tomato, rapeseed oil, onion, butter (**milk**), Cheddar cheese (**milk**), modified starch, garlic, tomato paste, parsley, smoked paprika, starch, salt, dried **milk**, yeast extract, stabilisers (diphosphates, triphosphates), pepper.

## Warnings:

- ⚠ \*formed chicken
- ⚠ Prepared to meet level 6 for adults.

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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