



Product Information Sheet

Product Code 328423

Weight 340g

Product Type Small / Twin

Product Name Chicken Curry

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	423kj	720kj
Energy (kcal)	101kcal	171kcal
Fat	3.0g	5.2g
Saturated	0.6g	1.0g
Monounsaturated	1.3g	2.2g
Polyunsaturated	0.6g	1.0g
Carbohydrate	8.6g	15g
of which sugars	5.2g	8.8g
Fibre	0.8g	1.4g
Protein	9.3g	16g
Sodium	262mg	445mg
Salt equivalent	0.65g	1.1g
Potassium	270mg	458mg

Ingredient Declaration

cooked chicken (36%), water, onion, tomato, tomato purée, apple, modified starch, sultanas, sugar, peppers, vegetable oils (rapeseed, sunflower), ground spice blend (turmeric, coriander, pepper, **mustard**, cumin, fenugreek, ginger, clove, fennel), mango, salt, mango purée, starch, lemon juice from concentrate, garlic, ginger, ground cumin, caramelised sugar, garlic powder, preservative (acetic acid), ground paprika, thickener (pectins), ground chilli.

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)

Cook with lid on. Always cook from frozen. Stir before serving.

Store at -18°C, do not refreeze once thawed

Canal Road, Trowbridge, Wiltshire, BA14 8RJ U.K. Tel: 01225 753636 Fax: 01225 777084