



Product Information Sheet

Product Code 328429

Weight 355g

Product Type Small / Twin

Product Name Chicken & Vegetable Casserole

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	317kj	562kj
Energy (kcal)	76kcal	134kcal
Fat	2.9g	5.1g
Saturated	0.6g	1.0g
Monounsaturated	1.3g	2.3g
Polyunsaturated	0.6g	1.1g
Carbohydrate	3.4g	6.1g
of which sugars	2.0g	3.6g
Fibre	0.6g	1.1g
Protein	8.6g	15g
Sodium	237mg	419mg
Salt equivalent	0.59g	1.0g
Potassium	217mg	384mg

Ingredient Declaration

cooked chicken (33%), water, carrot (8%), swede (8%), mushroom (7%), onion (6%), tomato puree, rapeseed oil, modified starch, garlic, salt, cranberries, sugar, starch, roast chicken carcass, caramelised sugar, mushroom powder, rosemary, thyme, cornflour, ground bay leaf, pepper, yeast extract, carrot juice concentrate, leek 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		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.

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

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