



# Product Information Sheet

**Product Code** 328703

**Weight** 500g

**Product Type** Small / Twin

**Product Name** Vegetable Lasagne

## Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	586kj	1466kj
Energy (kcal)	140kcal	351kcal
Fat	7.4g	18g
Saturated	3.0g	7.5g
Monounsaturated	3.1g	7.7g
Polyunsaturated	1.1g	2.8g
Carbohydrate	12g	31g
of which sugars	3.6g	9.0g
Fibre	1.0g	2.4g
Protein	5.6g	14g
Sodium	150mg	375mg
Salt equivalent	0.38g	0.94g
Potassium	256mg	640mg

## Ingredient Declaration

water, tomato (17%), vegetarian Cheddar cheese (**milk**) (11%), peppers (9%), durum **wheat** semolina, onion (7%), mushroom (6%), dried **milk**, vegetable oils (rapeseed, sunflower), tomato paste, modified starch, spinach, yeast extract, garlic, cornflour, starch, basil, dried carrot, sugar, pepper, dried tomato, salt, extra virgin olive oil, ground turmeric, dried thyme, ground bay leaf, acidity regulator (acetic acid).

## Warnings:

⚠ May contain mustard.

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 off. Always cook from frozen.

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

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