



# Product Information Sheet

**Product Code** 227330

**Weight** 300g

**Product Type** Individual

**Product Name** Level 4 Purée Chinese Style Chicken Noodles

## Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	728kj	2185kj
Energy (kcal)	175kcal	525kcal
Fat	11g	33g
Saturated	1.2g	3.6g
Monounsaturated	6.4g	19g
Polyunsaturated	3.8g	11g
Carbohydrate	10g	31g
of which sugars	3.7g	11g
Fibre	1.5g	4.6g
Protein	6.9g	21g
Sodium	264mg	792mg
Salt equivalent	0.66g	2.0g
Potassium	179mg	537mg

## Ingredient Declaration

water, chicken (13%), rapeseed oil, poultry stock, onion, concentrated plum paste, **WHEAT** semolina, **SOYA** protein, tomato puree, tomato, emulsifier (**SOYA** lecithin), thickeners (methyl cellulose, xanthan gum, guar gum), garlic, **EGG** yolk, **SOYA** beans, pea starch, ginger, **EGGS**, waxy maize starch, sugar, **WHEAT**, salt, **WHEAT** flour, lemon juice, chicken fat, yeast extract, honey, natural flavouring, onion powder, coriander, iodised salt (salt, potassium iodate), turmeric, caramelised sugar, red chillies, chilli, cumin, cardamon, fenugreek, anise, cinnamon, pepper, cloves, acid (acetic acid).

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. Take care, hot after heating. Microwave: Cook on half power

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