



Product Information Sheet

Product Code: 227218
Product Range: IDDSI 5 – Minced & Moist
Category: Complete main meal
Product Name: Sweet & Sour Chicken
Label Description: minced chicken in a sweet and sour sauce with onion and pineapple juice, with seasoned white rice
Brochure Code: 7218
Formulation:

Component	Weight (Kg)
LEVEL 5 SWEET AND SOUR CHICKEN	0.230
SD WHITE RICE	0.180
Total Weight	0.410

No. Units per Case: 12
Case Dimensions: 364 x 234 x 195mm

Nutrition (as consumed):

Typical values	Per 100g	Per Meal 410g	% Reference Intake per serving
Energy	381 kJ	1563 kJ	
Energy	90 kcal	371 kcal	19
Fat	2.1 g per 100g	8.5 g per 410g	12
of which saturates	0.2 g per 100g	1.0 g per 410g	5
of which monounsaturates	1.2 g per 100g	4.8 g per 410g	
of which polyunsaturates	0.6 g per 100g	2.5 g per 410g	
Carbohydrate	11 g per 100g	46 g per 410g	
of which sugars	3.3 g per 100g	14 g per 410g	15
Fibre	1.3 g per 100g	5.5 g per 410g	
Protein	5.9 g per 100g	24 g per 410g	
Salt	0.37 g per 100g	1.5 g per 410g	25

Sodium	0.147 g per 100g	0.602 g per 410g
Potassium	149 mg per 100g	612 mg per 410g

each pack contains:

Energy	Fat	Saturates	Sugars	Salt
1563 kJ 371 kcal	8.5 g	1.0 g	14 g	1.5 g
19 %	12 %	5 %	15 %	25 %

of an adult's reference intake

typical values per 100g: Energy 381 kJ/ 90 kcal

Ingredients:

water, cooked rice, cooked chicken (17%), onion, concentrated pineapple juice, tomato paste, white wine vinegar, rapeseed oil, stabilisers (methyl cellulose, hydroxypropyl methyl cellulose), modified starch, maltodextrin, sugar, ground rice, salt, yeast extract, roast chicken carcass, starch, ground paprika, cornflour, pepper, carrot juice concentrate, leek juice concentrate.

Allergy Advice: For allergens see ingredients in **bold**.

Prepared to meet level 5 for adults.

Diet Coding:

Low Fat	1 of 5 a day	Low Salt	Gluten Free	Source of Fibre	Easy Chew	Healthier Choice	Higher Protein	Vegetarian	Vegan
Yes	Yes	No	Yes	No	No	Yes	Yes	No	No

Energy Dense	Nourishing	Fortified	Well Balanced
No	No	No	No

Allergens-

Milk & Milk Derivatives	Egg & Egg Derivatives	Celery	Mustard	Soya	Gluten	Fish
No	No	No	No	No	No	No

Crustacean	Mollusc	Sulphur Dioxide/ Sulphites > 10mg/kg	Nuts	Peanut	Lupin	Sesame
No	No	No	No	No	No	No

Others-

Cheese	Yeast	Beef	Tomato	Garlic	Onion	Mushroom	Alcohol
No	Yes	No	Yes	No	Yes	No	Yes

Yes = Contains

No = Made Without

• = may contain

Cooking Guidelines

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.

Oven: Pre-heated oven: 160°C/325°F/Gas 3. Fan oven: 140°C/275°F. 40 mins or longer if required

Microwave:

WATTAGE	COOKING TIME	STANDING TIME
700 Watt/Category D	10 mins	2 mins
800 Watt/Category E	9 mins	2 mins
900 Watt/Category E	7 mins 30 secs	2 mins

Storage Instructions:

Store at -18°C.