



# Product Information Sheet

Product Code 227411

Weight 435g

Product Type Individual

Product Name Level 6 Spinach & Lentil Pasta

## Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	490kj	2131kj
Energy (kcal)	117kcal	508kcal
Fat	4.4g	19g
Saturated	0.4g	1.7g
Monounsaturated	2.4g	11g
Polyunsaturated	1.4g	6.2g
Carbohydrate	14g	62g
of which sugars	2.4g	10g
Fibre	1.5g	6.5g
Protein	4.3g	19g
Sodium	162mg	706mg
Salt equivalent	0.41g	1.8g
Potassium	202mg	879mg

## Ingredient Declaration

water, durum **wheat** semolina, spinach (8%), lentils (7%), onion, tomato paste, vegetable oils (rapeseed, sunflower), carrot, celeriac (**celery**), parsnip, starch, pea protein, modified starch, garlic, ginger, salt, yeast extract, onion powder, concentrated carrot juice, concentrated onion juice, sage, glucose syrup, dark brown sugar, cornflour, pepper, dried onion, natural flavouring, tomato concentrate, sugar, dried carrot, dried leek, dried tomato, ground turmeric, dried thyme, ground bay leaf, garlic powder, dried lovage, nutmeg, marjoram extract, thyme extract, rosemary extract, basil extract, sage extract.

## Warnings:

⚠ May contain mustard and soya.

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. Stir before serving.

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