Product Information Sheet

Product Code 227207 **Weight** 450g

Product Type Individual

Product Name Level 5 Sausages in Onion Gravy

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kJ)	508kJ	2288kJ
Energy (kcal)	122kcal	549kcal
Fat	7.3g	33g
Saturated	1.6g	7.4g
Monounsaturated	4.0g	18g
Polyunsaturated	1.6g	7.3g
Carbohydrate	8.0g	36g
of which sugars	2.0g	8.8g
Fibre	2.4g	11g
Protein	4.9g	22g
Sodium	150mg	675mg
Salt equivalent	0.37g	1.7g
Potassium	209mg	940mg

Ingredient Declaration

water, potato, peas, pork shoulder (12%), onion (6%), pork belly (5%), rapeseed oil, modified starch, stabiliser (methyl cellulose), maltodextrin, sugar, tomato paste, pea protein, garlic, salt, roast chicken carcass, onion powder, caramelised sugar, redcurrant juice concentrate, spirit vinegar, cane molasses, yeast extract, lemon juice concentrate, cornflour, pepper, tamarind paste, gelling agent (pectin), ground cayenne, garlic powder, ground clove, carrot juice concentrate, leek juice concentrate.

Warnings:

⚠ May contain soya.

Diet Coding

1 of 5 a Day	✓
Energy Dense	✓
Gluten Free	✓
Low Fat	
Low Salt	
Vegetarian	
Low Saturated Fat	
Healthier Choice	
Vegan	
Soft	
Reduced Sugars	
Low Sugars	✓
2 of 5 a Day	
3 of 5 a Day	
Reducing	
High Protein	✓
Easy Chew	
Free From Milk	
SourceFibre	
SourceOfProtein	

Made Without

Alcohol	✓
Beef	✓
Celery	✓
Cheese	✓
Crustacean	✓
Egg & Egg Derivatives	✓
Fish	✓
Garlic	
Lupin	✓
Milk & Milk Derivatives	✓
Mollusc	✓
Mushroom	✓
Mustard	✓
Nuts	✓
Onion	
Peanut	✓
Sesame	✓
Soya	✓
Tomato	
Yeast	
Almond	✓
Brazil	✓
Cashew	✓
Hazlenut	✓
Macadamia	✓
Pecan	✓
Pistachio	✓
Queensland	✓
Walnut	✓
Wheat	
Rye	
Barley	
Oats	

Free From

Alcohol	
Beef	
Celery	
Cheese	
Crustacean	
Egg & egg derivatives	
Fish	
Garlic	
Gluten	✓
Milk & milk derivatives	
Mollusc	
Mushroom	
Mustard	
Nuts	
Onion	
Peanuts	
Soya	
Sulphur dioxide/sulphites >10mg/kg	✓
Tomato	
Yeast	

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 and consume immediately. Once cooked do not reheat. Stir before serving.

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