Product Information Sheet

Product Code 227216 **Weight** 430g

Product Type Individual

Product Name Level 5 Mushroom Risotto

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kJ)	364kJ	1563kJ
Energy (kcal)	87kcal	373kcal
Fat	3.5g	15g
Saturated	0.3g	1.3g
Monounsaturated	2.1g	9.1g
Polyunsaturated	1.0g	4.4g
Carbohydrate	9.4g	40g
of which sugars	0.8g	3.6g
Fibre	2.2g	9.6g
Protein	3.4g	15g
Sodium	140mg	604mg
Salt equivalent	0.35g	1.5g
Potassium	89mg	382mg

Ingredient Declaration

water, peas, spinach, short grain rice, vegetable oils (rapeseed, sunflower), pea protein, starch, maltodextrin, stabiliser (methyl cellulose), garlic, modified starch, natural Sicilian lemon flavouring, salt, mushroom powder (0.2%), onion powder, thyme, yeast extract, glucose syrup, cornflour, dried mushroom, sugar, pepper, garlic powder, rapeseed oil, dried lovage, nutmeg, ground clove, marjoram extract, thyme extract, rosemary extract, basil extract, sage extract.

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. Once cooked do not reheat. Stir before serving.

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