Product Information Sheet

Product Code 227410 **Weight** 420g

Product Type Individual

Product Name Level 6 Tuscan-Style Salmon Pasta

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kJ)	507kJ	2129kJ
Energy (kcal)	121kcal	509kcal
Fat	6.1g	25g
Saturated	1.4g	5.8g
Monounsaturated	2.9g	12g
Polyunsaturated	1.7g	7.0g
Carbohydrate	11g	48g
of which sugars	2.0g	8.4g
Fibre	0.9g	4.0g
Protein	4.8g	20g
Sodium	126mg	526.9mg
Salt equivalent	0.31g	1.3g
Potassium	147mg	618mg

Ingredient Declaration

water, salmon (**fish**) (11%), durum **wheat** semolina, diced broccoli, concentrated tomato, onion, rapeseed oil, cream (**milk**) (3%), spinach, modified starch, tomato paste, dried **milk**, garlic, salt, lemon juice from concentrate, yeast extract, cornflour, lemon zest, pepper, ground coriander, ground cumin, ground paprika, natural flavouring (contains **fish**), **fish** stock, dried oregano, dried onion, sugar, dried carrot, dried leek, dried tomato, ground turmeric, dried thyme, ground bay leaf.

Warnings:

⚠ May contain mustard and 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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