



# Product Information Sheet

**Product Code** 217372

**Weight** 480g

**Product Type** Individual

**Product Name** Level 4 Purée Classic Chicken & Gravy

## Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	385kj	1850kj
Energy (kcal)	92kcal	441kcal
Fat	3.5g	17g
Saturated	0.7g	3.6g
Monounsaturated	1.8g	8.4g
Polyunsaturated	0.9g	4.4g
Carbohydrate	9.3g	45g
of which sugars	1.7g	8.1g
Fibre	1.7g	8.0g
Protein	4.9g	24g
Sodium	141mg	677mg
Salt equivalent	0.35g	1.7g
Potassium	186mg	895mg

## Ingredient Declaration

water, chicken (13%), broccoli, chicken stock, MILK, onion, dried potato, starch, rapeseed oil, maltodextrin, carrot, cream (MILK), natural flavourings, thickeners (methyl cellulose, xanthan gum, guar gum), carrot juice, citrus fibres, sugar, tomato puree, salt, caramelised sugar, lemon juice, pea fibres, yeast extract, onion powder, concentrated onion juice, emulsifier (mono- and diglycerides of fatty acids), chicken fat, sunflower oil, iodised salt, nutmeg, garden lovage, pepper, garlic, turmeric.

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)**

Cook from frozen. Do not pierce, cook with film lid on. Ensure food is piping hot. Once cooked do not reheat. Microwave - cook on HALF POWER

**Store at -18°C, do not refreeze once thawed**

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